CANADA'S #1 FAMILY MAGAZINE

what's UP kids

FAMILY MAGAZINE

SOAK UP SOME RAYS! It's GOOD for you!

OVER THE HEDGE
WILLIAM SHATNER INTERVIEW!

MESSENGER BULLIES
KID2KID COMES TO THE RESCUE

10 Kid's Room Décor: FUN, AFFORDABLE TIPS

FAMILY TRAVEL GUIDE
Win a weekend getaway

5 HANDY HINTS TO GET KIDS TO HELP AROUND THE HOUSE

GET OUT OF MY ROOM!
Why kids need their own space

Gardening Escape
Great Outdoor Therapy

MOVING DAY WITH KIDS
How to keep your cool

FAMILY PLATTER!

- 2 MEDIUM PIZZAS
- 4 TOPPINGS (COMBINED)
- 10 CHICKEN WINGS*
  CHOOSE FROM: CLASSIC, CRISPY, LIGHTLY OR ZESTY BREADED WINGS
- 6 POP (355ML)
- + YOUR CHOICE OF:
  CAESAR SALAD OR
  BROWNIES OR
  GARLIC STIX

*Wings cannot be combined.

$23.99

Hot & Fresh pizza pizza®

FOR PICK-UP, DINE-IN OR DELIVERY CALL YOUR LOCAL:

11·11

INTERAC available in store only. Not valid in conjunction with any other offer, coupon, Twins or Party Pizzas. Taxes & delivery extra. Some restrictions apply. Offer subject to expire without notice. Registered trademarks of Pizza Pizza Royalty Limited Partnership, used under license. ©Pizza Pizza 2006. 0006070

VISA MasterCard Interac DIRECT PAYMENT

Volume 11 Issue 3 Summer 2006

what's UP kids
FAMILY MAGAZINE

Editor-in-Chief
Susan Pennell-Sebekos

Art Director
George Lohin

Food Editor
Julie Van Rosendaal

Family Health Editor
Glen Herbert

Staff Writer
Sarah Allingham

Editorial Assistant
Elizabeth Hawksworth

Office Administration
office@whatsupkids.com

Circulation / Distribution
circulation@whatsupkids.com

Special Events Coordinator
Bonnie Marr

Fun Section Consultants
Becky Marr, Tori Pennell, Christy Walker

What's Up Kids Mascot
Chester the Cat
chester@whatsupkids.com

Sales
Bonnie Marr
bonnie@whatsupkids.com
Sarah Allingham
sarah@whatsupkids.com
Dave Walker, Director of National Sales
dave@whatsupkids.com

Publisher
What's Up Kids Family Magazine Limited

What's Up Kids is published six times annually. For advertising information contact: What's Up Kids Family Magazine Ltd., 496 Metler Rd., Ridgeville, ON, L0S 1M0, or call 1-888-690-8751 or 905-892-7970. Please write to us at the above address with your comments and suggestions or e-mail editor@whatsupkids.com.
No part of this publication may be reproduced without the consent of the publisher. No responsibility is assumed by the Editor, Publisher, or anyone associated with the publication. The opinion of the writers and advertisers do not necessarily reflect those of the Editor and Publisher or anyone associated with the publication. **Subscriptions are available at $9.95 plus GST ($10.65) for 1 year.** Copyright 2006 What's Up Kids Magazine Ltd. All Rights Reserved. **ISSN# 1712-8412.**

Publications Mail Agreement
No. 40065097.
RETURN UNDELIVERABLE CANADIAN ADDRESSES TO:
CIRCULATION DEPT.
496 METLER RD.
RIDGEVILLE, ON L0S 1M0
E-mail: circulation@whatsupkids.com

PRINTED IN CANADA

Newsstand distribution
TransMedia
1-800-461-1640

ABC AUDITED PMB

PLAYING 'POSSUM

I have to admit. I have a list of "people I want to interview in my lifetime," and William Shatner has been on that list for some time. Sure, I loved watching *Star Trek* as a kid, but I think his appeal to me has more to it than that. William ("call me Bill") Shatner, knows how to have fun. He doesn't take himself too seriously, but fun doesn't mean slowing down and vegging in front of the tube. No, Shatner does anything but. He's constantly working as an actor, a writer, and a horseman. At 75, this guy could teach us all a thing or two about how to live our lives.

"The key is to think about yourself at the end of your life," says Shatner. "Are you going to look back and say, 'Wow, I was too serious!'?" Shatner has made a great new career poking fun at his overly dramatic performances (2 Emmies now for "The Practice"), and a filmography that astounds. Everywhere you turn these days you'll see him. I know you will totally love it when he dramatically "dies" over and over again as "Ozzie" the 'possum, in DreamWorks, *Over the Hedge*.

And fun is what summer is all about, isn't it? This summer we know that some of you might be moving, gardening, or trekking across the country in search of fun, so we've tried to cover all bases. Contributor, Kylie Degeling—who gets the "Gypsy" badge in our troop for all her many moves—simplifies how to have a great move without going insane. And Kira Vermond, who gets the fun of testing out all the spots you might like to trek to this summer, tells us how hotels are finally recognizing that families need FUN! She'll give us the lowdown on where to go to make sure you don't hear, "but there's NOTHING to do!" all summer.

If you haven't discovered the magic of digging around in the dirt, just like when you had a sandbox of your own, try it this summer. If you just have a planter box full of flowers and herbs, or an enormous backyard brimming with veg and perennials (or somewhere in between), getting away from the indoors and creating a little bit of your own paradise is a wonderful way to "find yourself" this summer. I guarantee you'll be hooked.

Last issue we asked you what you like to do for your "Mom Time," so I thought I'd also like to share what I do: I truly LOVE thinking about, writing, and editing this magazine. So many of you have been so kind to share your kind words about how our magazine has made your life a little bit easier, and a lot more fun. Thank you!

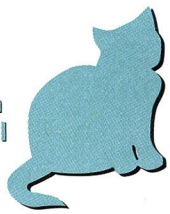
Oh, and who else is on my "list to want to interview?" well, I'm sure you'll find out over the next few issues as we have plenty of great stories ahead!

Have a wonderful summer!

Susan

Susan Pennell-Sebekos
susan@whatsupkids.com

We've hidden a "Chester" on our cover. If you find it, email chester@whatsupkids.com



Summer 2006

CONTENTS

FEATURES

24 Redecorate Your Child's Room
10 Easy and affordable tips

30 Moving Day
How to keep your cool when you're moving with kids

DEPARTMENTS

08 Letter Box
Have your say. If you have an opinion, we want to hear it.

10 Ask Ann
Parenting Expert, Ann Douglas, answers all of your questions

13 Understanding Families
Giving your kids the space they need

16 Learning Curves
Need help at home? Ask the kids

18 Baby Steps
Baby Bottle 101

20 Mom Time
Gardening escapes

22 What's New
Find out what's new and improved!

28 Family Tips
Picking a great hockey camp

34 Family Fun
On the Run... great vacation getaways

43 Are We There Yet?
Road trip games for the whole family.

45 From the Kitchen
Really fast food

70 Living Well
Are you getting enough sun?

74 Health Matters
Reduce the risk of poisoning

82 What's UP with Dad?
Generational Gaps

You've always gotten yourself dirty. Now you can get yourself clean.

©2006 P&G

Two NEW Kandoos for you.

Now you can wash your own hair with Kandoo Instant Foam Shampoo. Used with Kandoo Instant Foam Body Wash, bath time becomes fun time.

Summer 2006

CONTENTS

KIDS' FUN SECTION

52 Over the Hedge
What's going on in your backyard?

55 Kid Craft
Stepping stone memories

56 What are these animals thinking?
Oh, if only we knew....

57 Colouring Contest
Colour Dora and win!

58 Planet Earth
The African Savannah

60 Ask Chester
Our cat columnist can answer all your animal questions

60 Kid 2 Kid
Messenger bullies!

61 Cool Careers
Game Warden

62 Merlin's Mazes

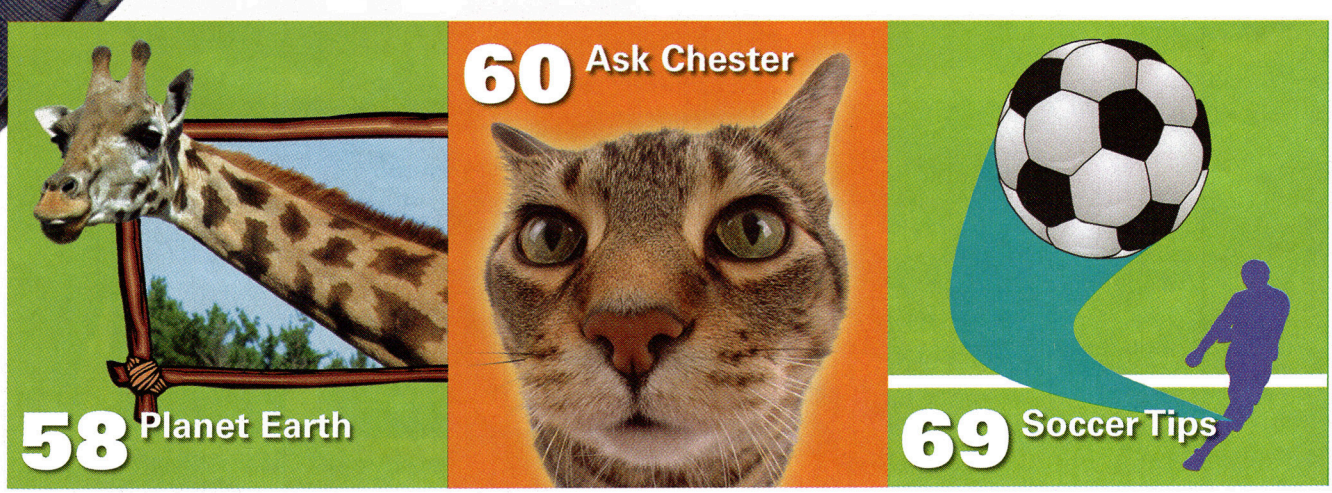
62 Hector Hippo's Word Search

64 Kids' Space

66 Say What?
What's your idiom?

67 Sudoku

69 Soccer tips and tricks



Glen Herbert, our Health Editor, is a dad, freelance writer, and editor living in Burlington, ON. As an editor, Glen has worked primarily in educational publishing—including a five-year stint in-house at Thomson Nelson in Toronto, developing textbooks for use in schools and universities across Canada. As a writer, he has published articles on topics ranging from children's health to bluegrass music.

Julie Van Rosendaal, our Food Section editor, is a best-selling cookbook author who teaches classes, appears on TV and radio, and demonstrates her culinary expertise at events and benefits across Canada. She is also a regular contributor to newspapers and magazines and is the food and nutrition columnist on the Calgary Eyeopener on CBC Radio.

Jade Wallace is our youngest contributor. As a riding stable and camp counsellor, 16-year-old, Jade seems to always have answers for the tons of questions she gets each week—like how to deal with being the new kid, or is a pickle a vegetable? —Send in your questions to funsection @whatsupkids.com and we'll put Jade on the case!

Paul Baswick, our hilarious *What's UP with Dad* columnist is a writer who lives in Port Colborne, ON, with his wife Stephanie, his daughter Ella and his son Max. We never know for sure what trials and tribulations Paul will regale us with each issue, but it's worth waiting to find out!

Kylie-Jane Degeling is a former mountain pilot, aviation writer, and flight instructor living in Edmonton, AB. She used to wonder whether there were more frightening, yet rewarding jobs than teaching students how to land airplanes, and soon found out – parenting. Today, she flies paper planes with her husband Alex, daughter Jezzy, and son Jordan, while worrying whether the aircraft flying overhead are piloted by her former students.

Scot Ritchie is a freelance illustrator who lives in Vancouver, BC. He's been drawing for as long as he can remember and loves his work. To date he's illustrated 33 books and even written one. He lives right next door to the ocean and some of his best ideas come from running on the beach.

Here's some news that's good to digest.

Love that milk mustache. Fresh, wholesome milk is a great source of Calcium, Vitamin D and Vitamin A for growing, active kids.

Sweet, crisp apples are nutritional powerhouses. Fun to dip and even more fun to eat, Apple Slices with Caramel Dip are a delicious way to enjoy a full serving of fruit.

Gooey and good for you! The processed cheese we use in our grilled cheese sandwiches contains 15% of the recommended daily intake of Calcium and 10% of Vitamin A. Every bite is pure melted quality.

Juice isn't just tasty, it's also a great source of Vitamin C. Our pure fruit juices* also count towards your child's recommended daily intake of fruit.

i'm lovin' it®

Beverage sizes may vary by restaurant.
*Orange juice from concentrate.
© 2006 McDonald's. ®/™ The Coca-Cola Company, used under license.

Thank You for the Tickets!

Our family received tickets to *Disney on Ice* thanks to *What's Up Kids*. My daughter and I attend every year, and this time Dad joined us! The show was incredible; the seats were terrific. What a way to kick off March Break! Sincere thanks to you and your magazine. We look forward to the upcoming issue.

SHERRY-LYNN, ANDY & DREW SHALLA
ON

Family Friendly Magazine

I just wanted to write and say and BIG thank you, for your family friendly magazine! We received our first issue this morning (March 21), and were amazed at how much helpful information there is for parents, and yet, it's packed with kid-friendly contents. Your magazine is truly unlike any other. *What's UP Kids*! is always welcome in our home. Keep up the great work!

JENNIFER PITTNER
Toronto, ON

Thank You for "Feed Me"

Thank you, thank you, thank you, for writing, "Feed Me!" from the March/April issue. I just wish I would have had that article last January when I gave birth to my son. I struggled for two VERY LONG months to breast-feed my son. I don't think I've ever felt more guilty, or depressed in my life as I did during that time. When I finally made the decision to bottle-feed full time, I felt like I was able to breathe again. I still come across those women who would snicker or have their opinion why I should have kept breast-feeding. I just wish women would stop acting like mothering is a competition! Or that bottle-feeding your child is taboo. It's not like we are strapping pop bottles to their mouths! Anyway, thank you again for writing this article. I'm sure many mothers will find it comforting to know that they are not alone with this struggle.

JULIE PARDO

Finding Chester

We found Chester on the front cover on the tip of the "Totally Cool Kids Fun Section" sign! It was hard at first but then my Dad found it and gave me and my mom a clue "look for the sign" then I pointed it out. We love hidden things on or in magazines! T.H.A.N.K.S.!

ERIN MCCLATCHIE

More Informative Magazine

I have received your magazine as a gift from my father-in-law and I have thoroughly enjoyed it. I currently subscribe to *Today's Parent* and I have received MORE informative parenting ideas/help from *What's UP Kids!!*

Thank you for putting out a great family magazine that isn't full of useless advertising.

LEAH UGULINI
Fenwick, ON

WRITE TO US

Do you have an opinion or comment about something you've read in What's UP Kids, or would like to see covered in the magazine? Be sure to drop us a line at 496 Metler Road, Ridgeville, ON, L0S 1M0 or email us at editor@whatsupkids.com

At least what made it in him was all white seasoned chicken breast.

What makes McDonald's® Chicken *McNuggets*® so irresistible? Maybe it's the fact that they're made with delicious seasoned all white chicken breast. So go ahead, let your kids play with their food as they enjoy our quality, great tasting chicken.

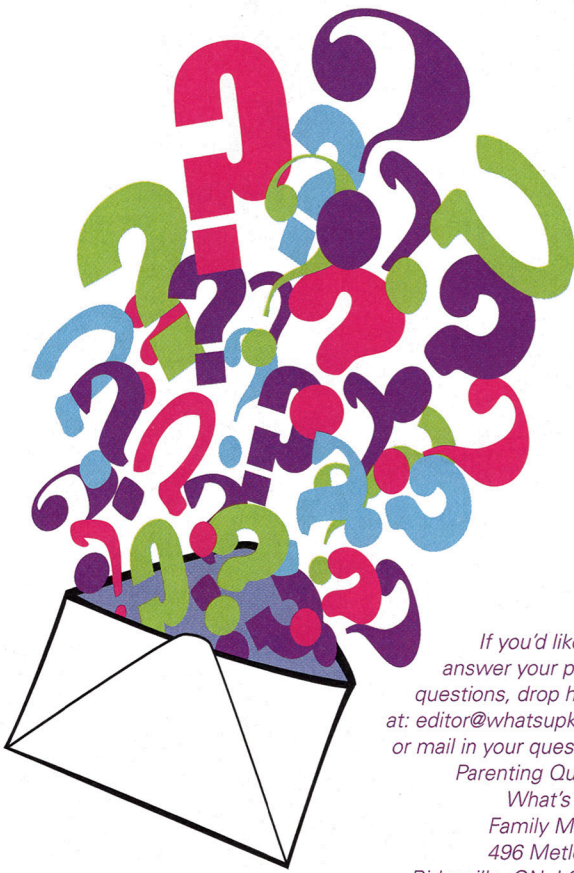
i'm lovin' it®

Beverage sizes may vary by restaurant.

© 2005 McDonald's.

Best-selling parenting author, Ann Douglas, tackles your toughest parenting questions.

By Ann Douglas



If you'd like Ann to answer your parenting questions, drop her a line at: editor@whatsupkids.com or mail in your questions to: Parenting Questions, What's UP Kids Family Magazine, 496 Metler Road, Ridgeville, ON, L0S 1MO.

My ex-husband has recently started getting serious with a nice woman. My daughter is very upset. The woman has no children. I know they are going to get married soon. How do I keep things smooth?
—Brenda P, Winnipeg, MB

You're in a really difficult situation, Brenda—particularly since it sounds like you've been told that there's a wedding in the works, but your ex hasn't told your daughter the news yet.

Your daughter really needs to be brought up to speed about the wedding plans before she hears the news from someone else. Ideally, the news should come from her dad and his new partner, but you may want to be on hand to offer some support, too, since it sounds like she may be less-than-happy to hear about the wedding plans. If your ex and his new partner aren't willing or able to share their news soon, you may end up being stuck as the bearer of bad news in order to spare your daughter the shock of hearing this news third-hand.

And as for "keeping things smooth," focus your energies on offering love and support to your daughter rather than trying to play peacemaker. You'll find it a lot less stressful.

My mother is travelling the world this summer and wants to take my 13-year-old with her. I have an 8-year-old daughter, too, who feels left out. My mother has always given more attention to my first daughter, but I've never said anything.
—Anita W, Halifax, NS

If you grew up with a sibling, you're no doubt aware that kids have a tendency to keep careful tally of everything, including how many special outings one sibling gets with a grandparent, as opposed to another. A trip around the world with Grandma is definitely going to get noticed—and noted.

That said, you don't have any right to expect your mother to offer to take both girls on trips around the world (either this summer, or on separate occasions), but you do have the right to ask your mother if she might be available to do something special with your other daughter after she gets back from her trip, so that your younger daughter can benefit from some special "Grandma Time," too.

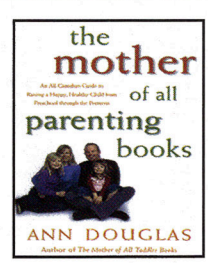
Your mother's response to this question may give you some clues as to why she's been spending so much time with your 13-year-old as opposed to your 8-year-old: whether it's strictly a matter of age (Grandma likes the "big kid" stage best) or whether Grandma really is playing favourites.

My ex-wife has custody of our three kids. She's a good mom, but I wish she'd take the kids to more after-school lessons. I said I'd pay half. Am I unreasonable?
—WS, Toronto, ON

This is something that has to be worked out between you and your ex. Just bear in mind that getting kids to lessons requires a lot more than just money: it takes a lot of time and effort, particularly when those lessons are scheduled during the crazy-busy after-school time frame.

Perhaps if you volunteered to take the kids to some of their lessons (even if some of the lessons had to be scheduled for Saturday mornings), your ex might be more willing to make the commitment.

My advice to you is to think about what you're willing to offer in terms of both time and money before you initiate the discussion again. In the world of busy moms, time is often the more valuable currency.



Ann Douglas' latest books are ***Sleep Solutions for Your Baby, Toddler, and Preschooler*** *and* ***Mealtime Solutions for Your Baby, Toddler, and Preschooler.***

You won't find out everything about how they'll turn out.
But it's a good start.

Your newborn, and every other newborn in Ontario, will now have a routine blood test to look for rare disorders. These new tests will help identify, treat and prevent illness. For more information, talk to your doctor or midwife.
Call 1-866-532-3161 (TTY: 1-800-387-5559) or visit
www.health.gov.on.ca/newbornscreening

Paid for by the Government of Ontario

Ontario

i want to be

future financial advisor

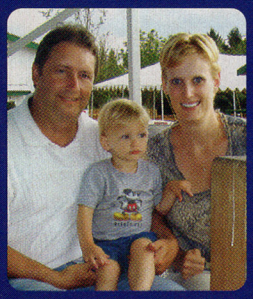
future computer analyst

The KidsFutures® Program is an innovative rewards program that helps Canadians save money to prepare for their children's college or university education costs, or repay student loans, simply by purchasing their everyday products and services from a wide selection of KidsFutures Partner companies.

- Joining is fast, easy and free – call or visit us online
- Members earn KidsFutures Rewards (which are like cash)
- Rewards can be directed into ANY new or existing education savings plan (RESP or Mutual Fund) at ANY financial institution
- Multiple family members can participate (grandparents, aunts, uncles, etc.)

JOIN TODAY and RECEIVE $10 in KidsFutures Rewards FREE!*

*Quote referral code **whatsupkids**



MEET OUR TOP 2005 EARNERS!

John, Liam & Michelle of Port Coquitlam, BC.

Rewards earned in 2005 = $2,213

KIDSFUTURES®

www.kidsfutures.ca 1-866-728-3454

Everyday Shopping = Education Savings

Collector Card

Just a few KidsFutures Partners...

® Registered trademark of KidsFutures Inc. Partner trademarks are owned by the respective Partners or authorized for their use in Canada.

visit www.kidsfutures.ca for full Partner list

A Question of SPACE

By Nancy Bennett

©iStockphoto.com/Andres Rodriguez

We all need our space, whether child or adult—a place to contemplate life, a place to ponder, to fume, and to explore our special talents. Here are four tips to help your children find their own spaces.

❶ Don't stand so close to me:

Remember that relative who always insisted on smothering you with kisses and how yucky it made you feel? At the age of three most children will have developed a sense of personal space and will feel threatened if anyone they don't like comes within it. Respect your children's space and let them come to others for a hug or a kiss without feeling pressured. As they grow older be aware that standing too close will make them feel confrontation and anxiety sometimes, even if that is not what we mean. Want a hug? Hold out your arms and let them make the move.

❷ Knock first, question later:

A child runs in and goes to his room without so much as a "Hi Mom, what's for supper?" The closed door says it all. I need some time alone. Before you barge in, count to 20 slowly. Then knock to ask if you can come in, and if no is the answer, respect that. Eventually they will come out, and it is with that signal that you can discuss it with your child in a non-confrontational way. [Editor's note: Never leave any child in a room alone with Internet access. Place your computer in a shared area.]

©iStockphoto.com/Allen Johnson

❸ What's mine isn't yours:

Children need to know what belongs to them; this includes personal belongings and personal thoughts. You may want to rifle through their drawers, their email, or their diaries, but resist and respect. Borrowing clothes, money, or personal treasures between siblings should only be allowed with permission of the owner. Property that is mistreated is replaced with an apology and something of equal value. Teaching children respect of other's property at an early age will build the foundation for a respectful adult.

❹ Secret places; nourishing nooks:

When I was young I had a fort built under the stairs of our back porch where I collected rocks. I never forgot how horrified I felt when one day my mother decided to clean out my treasures! Every child needs space to create and explore his or her talents. Make room for this. Set up an art easel for an aspiring artist, make a model nook that is just his or her own for your future designer in your den and allow some outside places such as forts, tree houses or even a tent on the lawn for your child to enjoy. If you're lucky, you will be invited in to share in the fun, but if not, take this time to enjoy your own personal space!

SAVE $2 Off NESQUIK® 2L or NESQUIK® 1.7 Kg

STORE COUPON	EXPIRY DATE: DECEMBER 31, 2006

TO THE DEALER: Nestlé Canada Inc. will reimburse the face value of coupon, plus our specified handling fee, provided you accept it from your customer on purchase of item(s) specified. Other applications constitute fraud. Failure to send in, on request, evidence that sufficient stock was purchased in previous 90 days to cover coupons presented will void coupons. Vouchers submitted become the property of Nestlé Canada Inc. Reimbursements will be made only to retail distributors who redeemed coupons or to holders of a certificate of authority from Nestlé. A reduction in any applicable taxes payable is included in the coupon face value. For redemption, mail to Nestlé, P.O. Box 3000, Saint John, New Brunswick E2L 4L3.

Valid only in Canada. Not valid with any other offer.

10022492

SAVE $2 Off NESQUIK® 2L or NESQUIK® 1.7 Kg

STORE COUPON	EXPIRY DATE: DECEMBER 31, 2006

TO THE DEALER: Nestlé Canada Inc. will reimburse the face value of coupon, plus our specified handling fee, provided you accept it from your customer on purchase of item(s) specified. Other applications constitute fraud. Failure to send in, on request, evidence that sufficient stock was purchased in previous 90 days to cover coupons presented will void coupons. Vouchers submitted become the property of Nestlé Canada Inc. Reimbursements will be made only to retail distributors who redeemed coupons or to holders of a certificate of authority from Nestlé. A reduction in any applicable taxes payable is included in the coupon face value. For redemption, mail to Nestlé, P.O. Box 3000, Saint John, New Brunswick E2L 4L3.

Valid only in Canada. Not valid with any other offer.

10022492

How can something so delicious be so nutritious?

No matter how good it tastes, it's still milk

Helping active children grow

Nothing compares to a cold, tall glass of milk. With 15 essential nutrients, milk is the best source for the calcium and vitamin D kids need.

Canada's Food Guide to Healthy Eating recommends 2-4 servings of dairy every day. And dietitians agree – for growing kids and teens alike, milk is the best source.

Age	Recommended Daily Servings*
Kids (4-9)	
Kids & Teens (10-16)	

Are kids getting enough?

What's surprising is that 3 out of 4 kids aren't drinking milk at lunch. And at dinner, almost half drink something other than milk.** This means most Canadian children may not be meeting even the basic Food Guide requirements.

So how can we get our kids to drink more milk?

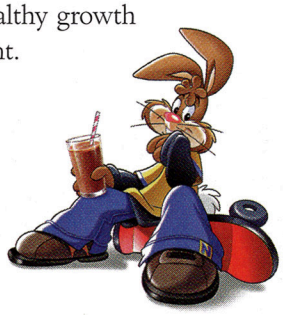
The chocolate question

To add or not to add? Given the less nutritious (and much sweeter) choices that tempt kids today, chocolate milk can be a great ally. After all, chocolate milk has all the nutritional power of white milk – and kids love it. And over half of all moms say their kids would drink more milk because of it.**

Both have the goodness of milk.

Now with Iron and Vitamin C

Next time your child asks for something other than milk, try giving milk made with NESQUIK™. Not only will you be giving the goodness of milk, but now with new Vitamin Enriched NESQUIK powder you'll be adding something not found in white milk alone – iron and vitamin C – two more essential nutrients for healthy growth and development.



Ask the Dietitian

Liz Pearson is a dietitian, best-selling author and professional speaker. She runs The Pearson Institute of Nutrition.

Myth

Is chocolate milk less nutritious than white milk?

Truth

Chocolate milk shares the same powerfully nutritious profile as white milk, with less sugar than you might think – especially when you make it yourself. In fact, it's okay to add small amounts of sugar to healthy foods to make them taste better. And with chocolate milk, you get great nutrition plus great taste.

Myth

Is it true children can make up for the milk they're missing out on later in life?

Truth

By the end of adolescence, 90-95% of total bone density is built. After that, the milk you drink works primarily to maintain the bone you already have. It's all right to offer children chocolate milk. It's a fun and tasty way to ensure they get the important nutrients they need at the stage of life when it matters most.

*Source: Canada's Food Guide
**Ipsos-Reid survey, December 2005, www.ipsos.ca

NESQUIK. Making milk fun.

For more information, call 1-800-387-4636 or visit www.nesquik.ca

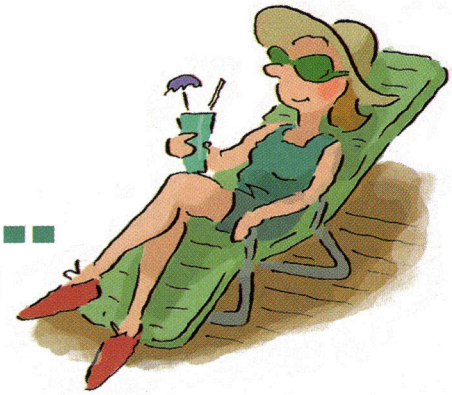
QUALITY MILK®

www.dairygoodness.ca

Getting the Kids to Run the House...

(Or at least to put the dishes away)

By Susan Pennell-Sebekos



Wouldn't it be lovely? Sitting back, sipping on ice-cold lemonade while your kids make dinner, mow the lawn, and dust the furniture? Ah yes, we all can dream. While getting your child to do simple chores, like making their own bed, may feel like a battle royale, you might be surprised what other things they ARE willing to do.

First and foremost, we all (even kids) want to feel like we are needed and we are contributing members of society (okay, maybe except for Cousin Elroy, but that's a whole other column). Giving your kids "big people" tasks might make not only their sense of self grow, but your workload shrink.

You do need to match the chores to your child's ability and talents. Perhaps just helping you sort the laundry into colours as opposed to actually running the washer would suit a younger child, but by about 8 years old, you'd be surprised how well they can do a load of laundry, and feel great that they never have to ask you if their favourite shirt is clean... really!

WHAT CAN THEY DO?

Weeding—make sure you give very good instructions and sturdy gardening gloves before you start or you might lose some of your prize perennials. Pull a few "sample" weeds to help your kids identify who stays, who goes.

Dusting—For safety's sake, remove anything you don't want to have broken. As kids get older, you won't have to do this, but beginner dusters need plenty of elbowroom.

Dinner Time—Perhaps not with the heavy or pricey bone china plates, but kids can quickly learn how to help you not only set the table, but to bring out the food, and also to get the dishes into the kitchen after the meal is over. (Tip: find a book on interesting napkin folding to help them spice up your table settings. They'll love to make neat designs.)

Laundry—As mentioned, sorting and folding is a surefire way to introduce your kids to the concept that clean clothes do not miraculously appear in their drawers. Once a child can understand how to operate the washer and dryer, they can start taking over their own laundry. (Believe me, this is a blessing by the teen years.) Make sure you show them the proper measuring for the detergents, and check to make sure dry-clean only clothes don't get piled in with the others.

HOW TO GET THEM INTERESTED

You say getting your children to do chores is like teaching a dog to talk? Well here are some handy hints to help you to get them helping:

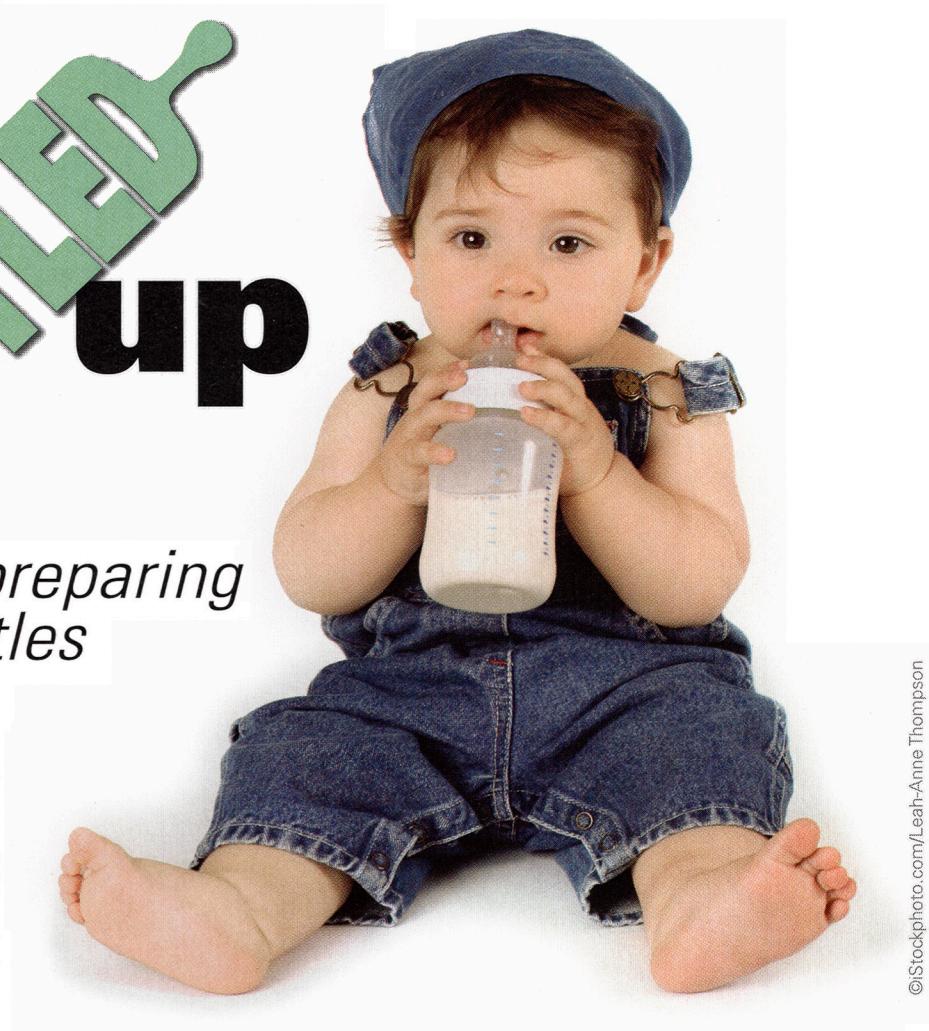
1. Be very clear about the process—make sure you give step-by-step instructions. Try to imagine what could possibly go wrong, and circumvent it with simple directions.
2. Never criticize—even if the job isn't as perfect as you'd hoped, never reprimand them for trying. Tell them how much you appreciate their trying. Be careful of, "That's great honey, but next time..." even if you preface the criticism with sweet words, they'll feel defeated.
3. Blast the tunes—when spending time doing housework, make it a fun time by playing their favourite music and singing along. (Hey, "Whistle While You Work" worked for Snow White's friends!)
4. Make a game of it—think, "Whose dust rag is filthier?" or, "Name the weed!" (Thinking up new names for the especially abundant weeds in the garden might turn into a family joke: "Hey, who's up for removing all the 'Binky' and 'Monster Hair' from the garden today?"
5. Never complain about doing your own chores—if you gripe and moan about doing the dishes, or straightening up the living room, your kids will pick up the clues that this isn't as much fun as your trying to convince them it is!

"It's not your fault."
"You're not alone."
And other words that may surprise them.
The GoodNites® brand would like to share some facts about bed-wetting that should help any kid sleep better. For starters, no bed wetter is alone. One in ten kids does it. And when they do, it's not their fault. It's often the result of a bladder that just hasn't grown as quickly as the rest of their bodies. With these facts and GoodNites® underpants, what used to be a big deal has now been significantly diminished.
To learn more, visit us at goodnites.com
GOODNITES MEAN GOOD MORNINGS®
GoodNites
Underpants
Girls
GoodNites
Underpants
Boys
® Registered trademark of Kimberly-Clark Worldwide, Inc. © 2005 KCWW.

all BOTTLED up

Choosing and preparing your baby's bottles

By Kylie-Jane Degeling



©iStockphoto.com/Leah-Anne Thompson

Prepare your first bottles safely with our handy guide!

Cleaning bottles and nipples:

It is essential to wash and sterilize all bottles and nipples before their first use to destroy any bacteria and remove leftover residue.

Sterilization can be done in one of three ways: submerging the bottles/nipples in boiling water and boil for five minutes; using sterilizing tablets and following the manufacturer's instructions; or using a steam sterilizer (electric, or for use in the microwave oven). Each works effectively. Note, however, that metal cannot be sterilized using chemicals and must be boiled instead.

Some doctors advise parents to continue sterilizing for the baby's first two or three months, although other doctors consider it adequate to wash and rinse bottles and nipples thoroughly after each feed. One thing they all agree on is to wash scrupulously after *every* use, even if it only contained water. Small amounts of saliva can get into the bottle making it a breeding ground for bacteria.

The dishwasher with its intense heat can be an ideal place to clean your bottles, but rinse or soak them with boiling water first. Without rinsing, you may find drops of milk will dry inside and not be effectively cleaned by the dishwasher.

To clean nipples in the dishwasher, consider buying a container to prevent them from slipping through cracks and melting on the heating element. Alternatively, handwash with a bottle brush in hot, soapy water. Keep a small bowl filled with boiled water on your counter to soak nipples in between dishwashing loads.

Types of bottles:

There are three categories of bottles: Glass, plastic, and disposable liner. Plastic is the most popular as it is light, shatter-resistant, and very durable. Glass is usually considered too heavy and breakable. Bottles with disposable plastic liners are handy for travelling and storing breast milk, but can be expensive and not very environmentally friendly.

Types of nipples:

Most likely, you will need to try several types of nipples before you find the best one for your baby. Whichever variety you choose, be sure to replace nipples at least every three months to prevent harmful bacteria from growing within cracks, and to ensure the nipples do not disintegrate in your baby's mouth.

Silicon nipples are durable, but not very soft. Latex and rubber nipples are soft, but deteriorate faster. Some babies prefer silicon, others the latex—it comes down to trial and error.

In addition, there are many shapes and flow rates for each type of nipple. In the early months, choose a slower flow nipple. As babies grow and are able to drink more rapidly, they require faster flow nipples.

For shape, breastfeeding moms often find that the flatter, softer nipples work best for their babies, as they resemble the feel of breast nipples more closely. Preference is a personal thing though, so plan to try a few different ones.

For more information, discuss feeding with your nurses, midwives, or call Public Health for solutions to suit your baby.

what's UP kids
FAMILY MAGAZINE

GO AHEAD, RIP IT OUT!

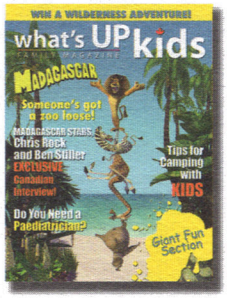
If you're reading someone else's copy, go ahead, rip out a subscription card.

You can bring home all the fun that What's UP Kids Family Magazine offers each issue.

No cards?
Check us out online at whatsupkids.com

or call,
1-888-690-8751

SUBSCRIBE TODAY!



For faster service
fax this card to
905-892-6673
or subscribe online at
www.whatsupkids.com

☐ **YES!** Please send me a 1–year (6 issues) subscription for $9.95 plus $0.70 GST ($10.65).

☐ **YES!** Please send me a 2–year (12 issues) subscription for $14.95 plus $1.05 GST ($16.00).

Name _____

Address _____ Apt. _____

City _____ Prov. _____ Postal Code _____

Phone Number _____ E-mail _____

☐ Rush my subscription; my cheque is in the mail ☐ Bill me later

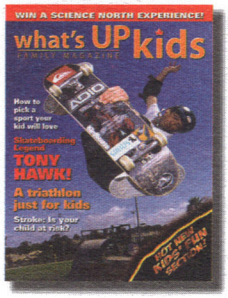
Bill my: ☐ Visa ☐ Mastercard ☐ AMEX

Card # _____ Cardholder Name: _____

Expiry Date _____ Signature: _____

WR0306

BRING HOME THE FUN!



For faster service
fax this card to
905-892-6673
or subscribe online at
www.whatsupkids.com

☐ **YES!** Please send me a 1–year (6 issues) subscription for $9.95 plus $0.70 GST ($10.65).

☐ **YES!** Please send me a 2–year (12 issues) subscription for $14.95 plus $1.05 GST ($16.00).

Name _____

Address _____ Apt. _____

City _____ Prov. _____ Postal Code _____

Phone Number _____ E-mail _____

☐ Rush my subscription; my cheque is in the mail ☐ Bill me later

Bill my: ☐ Visa ☐ Mastercard ☐ AMEX

Card # _____ Cardholder Name: _____

Expiry Date _____ Signature: _____

WR0306

GIVE THE PERFECT GIFT!

☐ **YES!** Please send a 1–year (6 issues) gift for $9.95 plus $0.70 GST (10.65).

☐ **YES!** Please send a 2–year (12 issues) gift for $14.95 plus $1.05 GST (16.00).

For faster service
fax this card to
905-892-6673
or subscribe online at
www.whatsupkids.com

GIFT TO

Address _____ Apt. _____

City _____ Prov. _____ Postal Code _____

GIFT FROM

Address _____ Apt. _____

City _____ Prov. _____ Postal Code _____

Phone Number _____ E-mail _____

I also want to subscribe for 1 year (6 issues) ☐ **2 years (12 issues)** ☐

☐ Rush my subscription; my cheque is in the mail ☐ Bill me later

Bill my: ☐ Visa ☐ Mastercard ☐ AMEX

Card # _____ Expiry Date _____

Cardholder Name: _____ Signature: _____

WR0306

CANADA POST POSTES CANADA

Postage paid
if mailed in Canada
Business Reply Mail

Port payé
si posté au Canada
Correspondance-réponse d'affaires

3948811 01

1000012715-L0S1M0-BR01

WHAT'S UP KIDS FAMILY MAGAZINE
496 METLER RD
RR 1
RIDGEVILLE ON L0S 1M0

CANADA POST POSTES CANADA

Postage paid
if mailed in Canada
Business Reply Mail

Port payé
si posté au Canada
Correspondance-réponse d'affaires

3948811 01

1000012715-L0S1M0-BR01

WHAT'S UP KIDS FAMILY MAGAZINE
496 METLER RD
RR 1
RIDGEVILLE ON L0S 1M0

CANADA POST POSTES CANADA

Postage paid
if mailed in Canada
Business Reply Mail

Port payé
si posté au Canada
Correspondance-réponse d'affaires

3948811 01

1000012715-L0S1M0-BR01

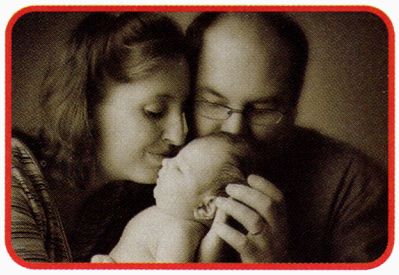
WHAT'S UP KIDS FAMILY MAGAZINE
496 METLER RD
RR 1
RIDGEVILLE ON L0S 1M0

what's UP kids
FAMILY MAGAZINE

Want your own What's UP Kids Family Magazine? Send in a card, or go online whatsupkids.com

what's UP kids
FAMILY MAGAZINE

The magazine for the whole family!



What's UP Kids Family Magazine gives your WHOLE family solutions and fun to share. Every issue includes articles on health, learning, family life, entertainment, recipes, crafts, and great new products. Kids love our many contests, games, and animal advice.

To subscribe, call 1-888-690-8751, or visit whatsupkids.com

Gardening as a form of Relaxation Therapy

By Kylie-Jane Degeling

Watching a garden grow can be similar to watching your child bloom. A garden responds quickly to your nurturing touch, and shrivels quickly with neglect. Taking the time to unwind and create a special "green" place of your own can not only be rewarding, but it can make you a better mom.

In an effort to learn the secrets of relaxation therapy while gardening, a group of Canadian moms discussed their reasons for spending their spare time digging into the soil.

Stay-at-home mom of two preschoolers, Laura Balfour said, "When I need a break from the kids I escape to the garden to pull weeds. I love going out just after supper on a nice warm evening, as the sun is setting. My husband usually takes the hint and bathes the kids, allowing me to escape for some peace and quiet. I later return inside to find the kids ready for bed, just needing a hug and a kiss from mommy before being tucked into bed."

For Jeanette Glass, a full-time accountant and single mother of an 11-year-old daughter, the secret is in disengaging. "Gardening helps me remember that the world can get by without my active involvement in every minute of every day. It reminds me to take some time for myself—that the plants (and our children) do most of their growing when we aren't even watching. It makes me want to pay attention or I'll miss all the amazing changes that have happened since the last time I looked."

I do not understand how anyone can live without one small place of enchantment to turn to.

—Marjorie Kinnan Rawlings

Sue Wickstrom enjoys the tranquility of spending time in her garden alone, but equally sharing her love of gardening with her 4-year-old son. "I like cutting the flowers and arranging them. We love to watch everything grow. My 4-year-old is picking out seeds already—gardening is something we can do together that is enjoyable and productive."

Sue said that she finds gardening alone to be therapeutic. "I enjoy just getting out into my garden. It clears my mind. Whether it is weeding, hoeing, or planting, I can just shut out everything else. The smell of the flowers can be soothing. Gardening completely re-energizes me."

Jeanette added her philosophy on why some people detest gardening while others find it therapeutic. "I believe gardening stresses out perfectionists. There is no control, no way to make the weeds stay away, or the carrots grow perfectly straight. One reason why growing flowers relaxes me is that it forces me to remember that perfection isn't the only way to be pretty, and that letting nature take its course has its own beauty."

Finally, mom of two, Angelina Martin, offered her best gardening as relaxation therapy tip, "My favourite way to relax outdoors is to hire someone to do all the gardening while I sit and watch!"

Whether your garden is an elaborate affair filled with prize specimens, or just some pots on the sill above the sink, taking time with growing things can connect you not only to nature, but to your own sense of peace and well being.

©iStockphoto.com/Nicky Gordon

Win a Spa Day Getaway Trip to Ottawa!

Just fill in the ballot and tell us why your mom is special and you could win a trip for Mom & a friend to Ottawa for a Spa Day Getaway including:

- $750 Promotional Travel Credit towards travel with VIA Rail Canada
- Three night's stay at the Albert at Bay Suite Hotel
- Breakfast each morning
- An Aveda Spa Package for two at the SAAB Salon & Spa including lunch
- $200 Gift Certificate for shopping at Rideau Centre
- Dinner for two at Luxe Bistro (up to $100)
- Admission for Two to the National Gallery of Canada
- Tea for Two at Restaurant des beaux-art at the National Gallery of Canada
- Private City Tour courtesy of Ottawa Rickshaws de l'Outaouais

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Phone: _____

Are you a subscriber? Yes ☐ No ☐

Why is your mom special?

_____

_____

_____

Send your prize entries to Mom Time Contest, 496 Metler Road, Ridgeville, ON L0S 1M0 or visit www.whatsupkids.com. Contest deadline is June 30, 2006.

The ALBERT at BAY Suite Hotel

VIA Rail Canada

SAAB SALON.SPA

National Gallery of Canada / Musée des beaux-arts du Canada

RIDEAU CENTRE

LUXE BISTRO

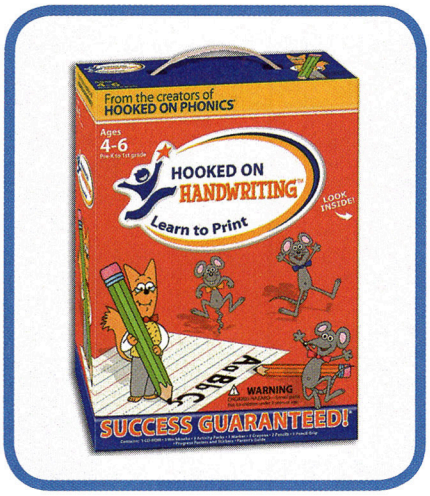
Ottawa TOURISM / TOURISME

Ottawa rickshaws de l'Outaouais

Hooked on Handwriting *Learn to Print* from Hooked on Phonics

A learning program designed to help children learn to print, Hooked on Handwriting lets kids create while they learn. The kit comes with postcards, picture frames, and get-well cards that children can personalize with their first printed words and give to loved ones. A CD-ROM with animated demonstrations, workbooks, and activity packs are also included. Designed for both right and left-handed children.

Ages: 4-6 http://www.hookedonphonics.com
MSRP: $64.99



Dove Nourishiers

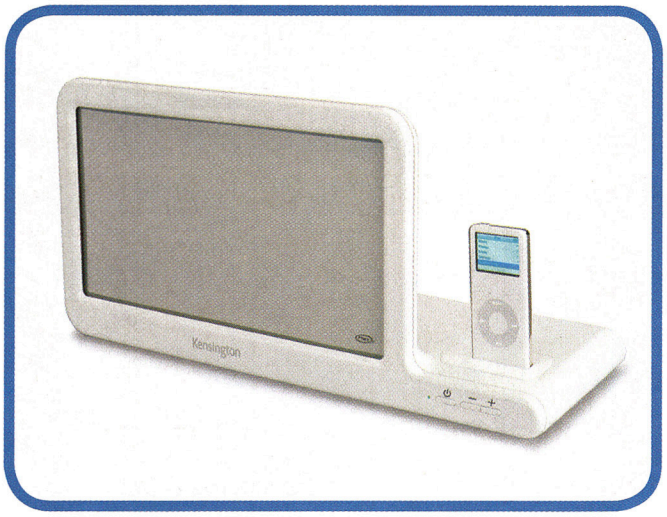
Dove introduces new Dove Nourishing hand and body lotions, designed to go beyond moisturization to deeply nourish a woman's skin. Unique because they contain not only moisturizers but also a unique 24-hour Nutri-Serum, with Vitamins A, E, and B5. The combination of ingredients add back moisture and essential nutrients naturally found on skin, leaving skin looking and feeling noticeably improved with continued use. Available at mass merchandisers, grocery, and drug stores.

Kensington SX 2000 Speakers for iPod

Fill the room with superior stereo sound from an ultra-thin speaker.

NXT's advanced SurfaceSound® flat panel speaker technology delivers clearly superior bass and sound balance out from both sides of the unit. The NXT SurfaceSound® bi-directional loudspeaker technology delivers remarkable sound from both the front and back of the speaker unit and produces superior frequency response (better highs and lows) at higher volumes than similar speaker systems. It plays audio from other MP3 players, computers, etc. Recharges your iPod or iPod mini while playing.

AVAILABLE: London Drugs; FutureShop - $199.99



Lee Valley Tools Ergonomic Gardening Tools

Many hand tools force you to use them in an unnatural position, and this is especially true with trowels because of the awkward wrist angle required. These tools don't. The handles are cleverly designed to let the strongest arm muscles do the work, while keeping the joints in natural positions. The handles are also larger in diameter than normal (1-3/8"), making them easier to grip. These will be appreciated by everyone, especially those who have little hand strength.

MSRP $ 42.50 for a set of 3

Give your laundry a breath of fresh air

Redecorate Your Child's Room

By Shannon Riggs

Soccer, ballet, kittens, or a beloved cartoon character—a child's room is the one place in the house where kids can express themselves. The keys to decorating a child's room are to make the décor fun, affordable, and to allow room for the child's tastes to change and grow. Whether you're doing a major redecoration of your child's room, or if you're just looking to add a bit of flair, here are a few design principles and some creative ideas for children's décor to suit even the most modest budget. Embarking on a decorating project with your child is a great way to spend time together!

Design Principle: Make it temporary!

One way for parents to save time and money is to use room decorations that are intended to be temporary. Cork bulletin boards are a great value. Available in many sizes, they have the potential to grow with a child from preschool through teenage years, from finger-painting to prom pictures. Kids can fill their bulletin boards with items that reflect their interests, such as posters, comic strips, and magazine clippings, or to showcase their accomplishments, such as with artwork or sports ribbons. (Corkboards also protect your home's walls while still allowing kids freedom to change the display!)

Removable wallpaper borders and cutouts are another great way to affordably incorporate temporary decorations in a child's room. Borders and cutouts come in a wide array of kid-friendly designs and lovable characters. A fun way to decorate with these products is to use them to define specific play areas of a child's room. And, just like in preschools, having well-defined "centres" can help young children keep their rooms more neatly organized. Furthermore, because these products are so easily removable and affordable, when kids' tastes change (and of course they will), you can easily and inexpensively update their bedroom décor. Even very young children can help apply wallpaper cutouts.

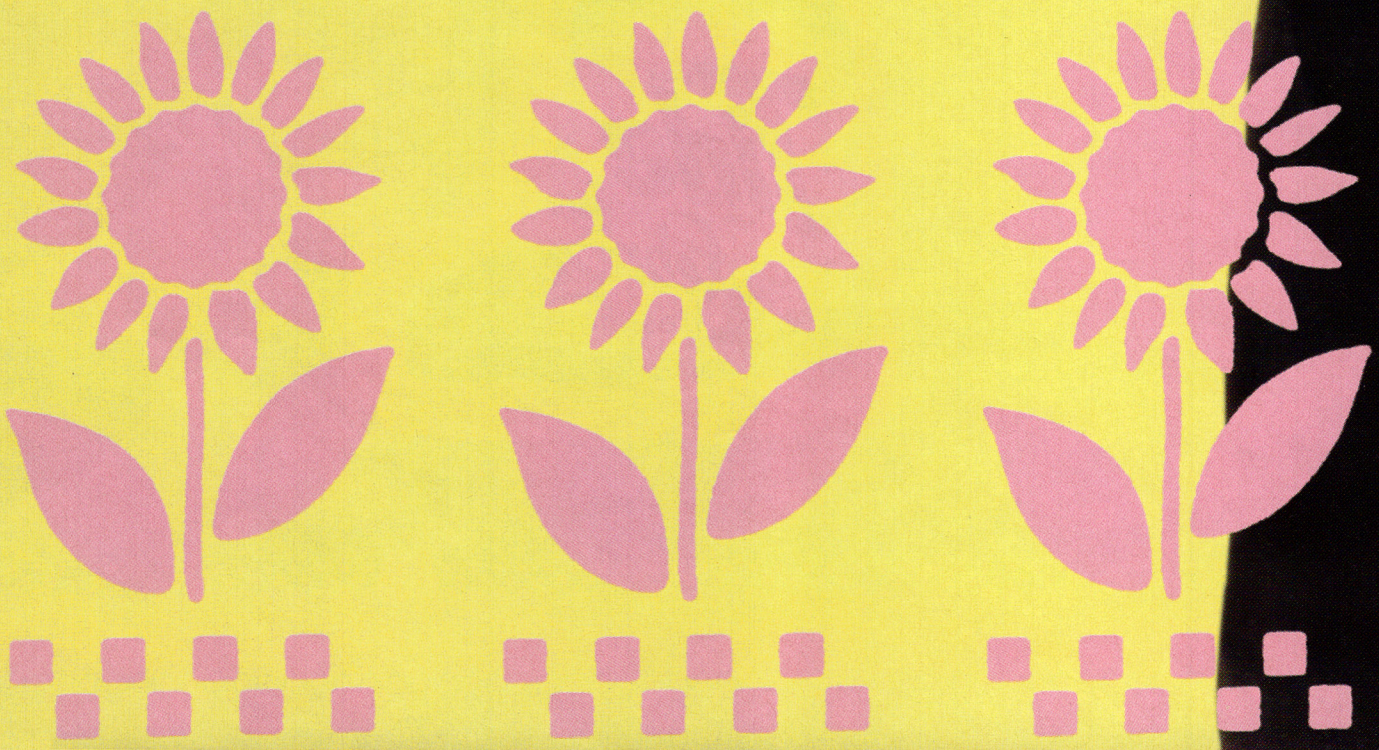


Photo: George Lohin

Design Principle: Make it recycled!

When it comes to furniture, you can teach an old dog new tricks. Just because you bought an item marketed as a changing table doesn't mean it has to be a changing table forever. Once your kids are out of diapers, recycle that old changing table by adding some lined rectangular baskets to its shelves. Now you have storage for clothing or toys!

Similarly, older living room furniture such as an easy chair or a love seat can be slip covered (with a tailored slip cover or simply with a throw blanket) and moved to a child's room. Placed in a well-lit area, you can squeeze more value out of your piece and create a "grown-up" reading corner.

An old toy box that used to hold a jumble of blocks, balls, and toddler toys can later be used to display a preteen's stuffed animal collection. Fold extra blankets and bedding to line the bottom of the toy box and to create a platform for the stuffed animals, and then arrange the toys on top in a cute and cuddly display.

Another way to update children's rooms easily and inexpensively is with fun fabrics. You can purchase fabric in virtually any pattern or colour, and fun fabrics are a great way for kids to express themselves. Cartoon characters, teddy bears, rainforest scenes, animal prints, trains, racecars, rocket ships, rainbows... the possibilities are endless! Choosing the fabrics together is a great way to learn more about your child's developing interests, as well.

And, you don't have to be an expert with a sewing machine to incorporate fabric into your redecorating project. If you can measure and sew a straight line, you can make throw pillows, window panels, and valances. You don't even need a pattern for these simple projects, and making these items yourself is a great way to stretch your decorating budget. The amount of fabric you'll need for a small throw pillow or window valance is minimal in comparison to the impact it will make in the look of your child's room. These simple projects are also a great way to teach children sewing basics.

Another easy do-it-yourself project involves photographs and bargain-store frames. Framed photos are a great way to personalize wall space. Kids love to have their own photos of family and friends, but decorating with photos doesn't have to end with traditional pictures of people smiling for the camera. Photos of your family pet are a great way to add interest to a child's room, too.

Children's toys can also be interesting photographic subjects, as well. Together with your child, dress a few Barbie Dolls up in formal gowns, make the kitchen counter into a catwalk, and take some glamorous pictures. Or dress Barbie as a fairy and pose her in the flower garden. If your child has a favourite baby doll, dress her up and take her to the pretend studio in your living room for "baby's first portrait." Pile a little boy's favourite plush characters or action figures into a little red wagon and take their pictures outdoors. With a little help, children can even take the photos themselves!

Kids love to be surrounded by their favourite things. Whether you're using a digital camera and home printer or having your pictures professionally developed, decorating with photos is a very affordable option. You can enlarge photos to fit your favourite bargain-store frames and use decorative mattes. You'll end up with creative, one-of-a-kind wall art.

Redecorating a child's bedroom is a great way to reward accomplishments such as a good report card, or simply to acknowledge and reflect a child's growing maturity and changing interests. Planning and carrying out the redecorating project is a great way for parents and kids to spend time together. And who knows? Maybe a newly redecorated room might even encourage your child to keep it tidy!

10 Tips to Help Decorate Your Kids' Rooms

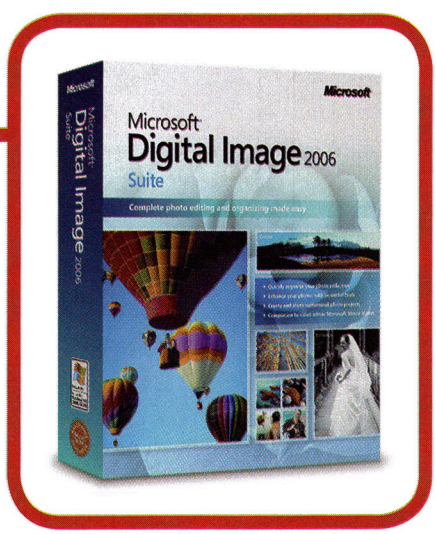
The evolution of a kid's taste works in fast forward. What your child thinks is the most "totally awesome bedroom ever" in Grade 4 will soon be the "stupidest lame room" by Grade 6. This little gem of knowledge in hand, how on earth are parents supposed to keep their fashion-forward kids ahead of the curve and their college fund from depleting faster than the juice boxes?

1. The number one rule is to make sure the kids are involved! It is their room after all, and hanging out in a room that's decorated to Mom's taste is booooring!
2. Choose a colour palette from their favourite toy, outfit, book, or even game. Graphic artists have done all your work for you.
3. Choose kid-friendly fabrics and coverings. Not only will it make their room a "safe zone" for them to relax, you will save money by making sure you're not repainting after a little juice explosion.
4. Get them organized and keep your sanity. Use all kinds of storage bins for shelving, nightstands, and desks. Old, hard-sided luggage makes great storage bins, as do wicker baskets, plastic stackables, and even sturdy cardboard boxes. Kids tend to put stuff away when they know where it goes.
5. No money to paint? Check out discount stores for interesting stencils and foam stamps. It's easier to update a room later if you only have to paint over a stencil.
6. Cut out shadows. Cardboard is really your friend in a kid's room. Trace outlines of characters, castles, dragons, cats, or even of them! Paint them up (with their help) or paint them black and have a shadowland room!
7. Avoid going overboard with a theme. Sure, your kid just loves racecars this year, but what happens in two years when you need to paint over that amazing grey track you painted around his room?
8. Light up their lives. Be sure to provide decent task lighting for homework, reading, and for getting cozy.
9. Invest in a good bed. Nothing helps start the day off right than a great night's sleep. Make sure the bed you buy will carry them for several years of growth.
10. It's worth repeating: remember; it is their room. (Sure, you can set some rules, but let them have fun!)

—Susan Pennell-Sebekos

You can win fabulous prizes!

This issue, our Cute Kid won
MICROSOFT'S DIGITAL IMAGING SUITE 2006.



Microsoft Digital Image Suite 2006 combines all the tools people need to do more with their photos and enjoy their memories — from sorting, viewing and enhancing photos to sharing them with friends and family. With easy-to-use tools suitable for the beginner or the advanced photographer, Digital Image Suite 2006 encourages consumers to learn, grow and excel in the art of digital photography, regardless of their skill level.

Send your pictures to:
Cute Kids, 496 Metler Rd., Ridgeville, ON, L0S 1M0
Sorry, entries will not be returned!

CHECK OUT MORE CUTE KIDS AT WHATSUPKIDS.COM

Microsoft®

Keeping Their Stick on the Ice

By Elizabeth Hawksworth

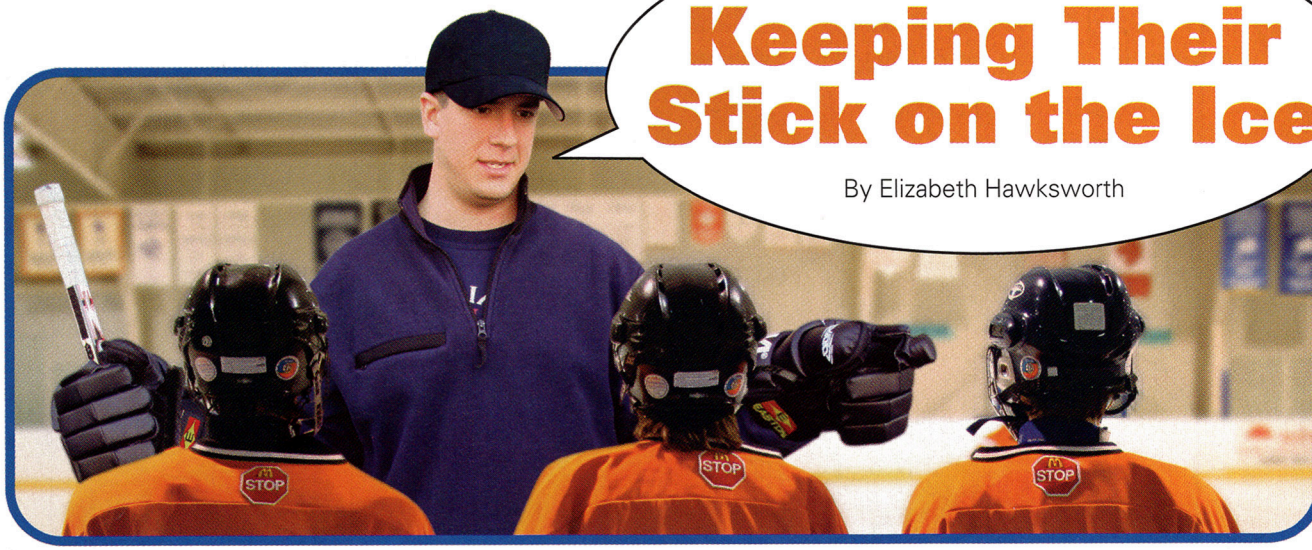


Photo: George Lohin

Trying to keep up your child's hockey skills, or avoiding going "right off side" when you hear them complaining about nothing to do this summer, hockey camps offer both boys and girls plenty of fun, exercise, and training.

Hockey camps are tailored for girls and boys and their different skill levels—some include figure skating elements, others include increasingly vigorous hockey training for the serious player. Some camps require your child to have a working knowledge of hockey, and all require your child to bring their own equipment.

Hockey camps have different programs, so check for that before sending your children to one that may not have as much ice time as you would like, or focuses more on training than having fun. Make sure you find a camp that will be appropriate for your child's age and skill level. If you want them to have more of a day camp experience, it's important to check if other activities, like swimming or hiking, are included in the registration fee. A lot of camps will focus on hockey-related activities that can be done on land, like field hockey.

Most Canadian universities have sports camps for children running through the summer months. The costs do vary, however, for different ages and different program elements. Make sure to check the refund and discount policies the universities have in case your child can't make it to the camp, and what your registration fee includes. This goes for all hockey camps you decide to consider.

General Motors Canada sponsors a series of hockey clinics entitled the Chevrolet Safe and Fun Hockey program. They are for kids who are 6 to 9 years old, and focus on letting kids play and have fun. Hockey legends Bobby Orr and Mike Bossy helped to start up this program. These one-day clinics take place across Canada and are great for kids who love to play hockey. Check your local paper or newscast, or visit http://www.gmcanada.ca for details.

Some camps are privately run, but tend to cost more and focus on kids who are looking to go professional. However, if your child is serious about hockey, then checking out privately run camps around your area may be for him or her.

Any hockey camp you choose is bound to give your kids great exercise and great fun. See you on the ice this summer.

Check List

- Check for a camp near you to minimize travel time
- Check costs per child and make sure you're aware of their refund and discount policies
- Check for amount of ice time and get a list of other activities the camp offers
- Check to see if your children have to bring their own lunch or other items
- Check the skill and age level of your kids and pick a hockey camp that's relevant to that
- Check to find out if your kids are required to bring their own equipment

THEY BELIEVE THE HARD PART ABOUT HOCKEY SHOULDN'T BE GETTING YOUR KIDS ON THE ICE.

IT SHOULD BE TRYING TO GET THEM OFF THE ICE.

Chevrolet Safe and Fun Hockey is recognized as Hockey Canada's national parent education program. It's dedicated to promoting more than hockey skills. With the help of Bobby Orr, Mike Bossy and Cassie Campbell, players 5 to 8 years old also learn important life skills. Like respect, responsibility, sportsmanship and teamwork. All while our clinics teach parents and coaches the secrets to making minor hockey fun. To get involved, contact your Minor Hockey Association or visit www.safeandfunhockey.ca

safeandfunhockey.ca

CHEVROLET safe & fun hockey

CHEVROLET

Mov expe

HOW TO MOVE YOUR FAMILY AND MAINTAIN YOUR SANITY

By Kylie-Jane Degeling

Photos by George Lohin

ing riences

Moving to a new home is usually portrayed as a joyous experience in television commercials. A smiling realtor hands shiny new keys to a bright-eyed, beaming couple while their toddler clutches a teddy bear. A 10-year-old boy with dimples gets a pat on the back from Dad while they carry boxes into the home with pride. It is such a happy time.

In reality, moving is always included in psychologists' top twenty most stressful life events a person will ever endure. Whether it is across the city or across the world, moving to a new home involves substantial change and requires enormous planning—without which, further stress and angst will surely follow. Relocating is difficult enough for adults, but parents face additional hurdles when they uproot their families.

Each family will have different concerns, depending on where they are moving and the ages of the children. Brenda Bates had moved countless times before having children, yet with her new baby she found an unexpected challenge during her move from Ireland to Toronto. "I became anxious about finding the same formula, diapers, and creams I used in Dublin. I was a new mom and these things seemed so important. I worried about veering away from my support network and everything I'd been told to do for my baby back home." Years later, her family moved across Canada to Edmonton where the new issue became education, "The school system in Alberta has a different cut-off month to Ontario and unfortunately, my daughter wound up on the wrong side of it. We had difficulty finding a program she would be allowed to attend at her level."

Happily, Brenda and her family survived both moves and your family will, too. Following our tips for moving with kids may help you minimize your family's stress, whether you are all relocating across the city, the country, or the world.

Ten tips for moving with kids:

1 Involve your children; whether it is allowing your toddlers to pack favourite stuffed toys in a backpack, or including older children in house searches. The more involved they are, the better mentally equipped they will be for the move.

2 Hold a garage sale to reduce the number of boxes to be shifted. Allow your children to earn a percentage by helping to sell your things and let them keep the proceeds from the sale of their own items. Whatever is left over can be donated to charity or "freecycled."

3 If you are using a moving company, be sure to visit the Better Business Bureau (BBB) Web site before you call. Involve your child by having them type in the phone numbers of the companies you are checking into the BBB search engine.

4 Help your children make a countdown calendar. Preschoolers can decorate and put stickers on each day leading up to the move. School-aged children can fill in what they feel is important to do before the big day.

5 Visit the new school together before you move locally, or research the education system if you are moving further away. You will need to prepare your child for any big changes to their school life. Include your children as much as possible in any school searches and encourage them to check out their new school online.

6 Browse the Web with your kids for interesting facts about their new home. Look up clubs, recreation centres, and playgrounds in the area. Click on the pictures!

7 Encourage your kids to discuss their feelings. Children often feel helpless during moves and may have concerns you could easily put to rest, or work together to resolve.

8 If possible, time your move for summer. Besides the benefits of sunny weather instead of slush and snow, your child will be able to start the school year with their peers rather than being "the new kid."

9 Arrange sports and activities to begin as soon as possible after you arrive. New friends and continuing interests can make homesickness disappear faster.

10 Remind yourself and your children that with time, the whole move will be a distant memory. At times, you will feel like the stress will never end, but in reality, it won't be long before you'll be calling your new place "home".

BIN THERE

BIN THERE

BIN THERE

NO OTHER MINIVAN HAS DONE THAT.

In the world of intelligent transportation, one vehicle continues to reign supreme as the leader in innovation, style, versatility and value – Dodge Caravan. Today, Dodge Grand Caravan leaves the imitators even further behind as the only minivan offering two rows of STOW 'N GO™ seats that fold completely flat into the floor, so you can go from seven passenger comfort to maximum cargo space in seconds. Beneath it all, you'll find spacious bins for more instant storage. The third row Stow 'n Go seat even flips to face out the back – perfect for tailgate parties or watching the kids' game in style. Add it all up and it's easy to see why Dodge Caravan is Canada's best selling minivan. Call **1 800 361-3700** for the Dodge Retailer nearest you or visit **dodge.ca** to learn more.

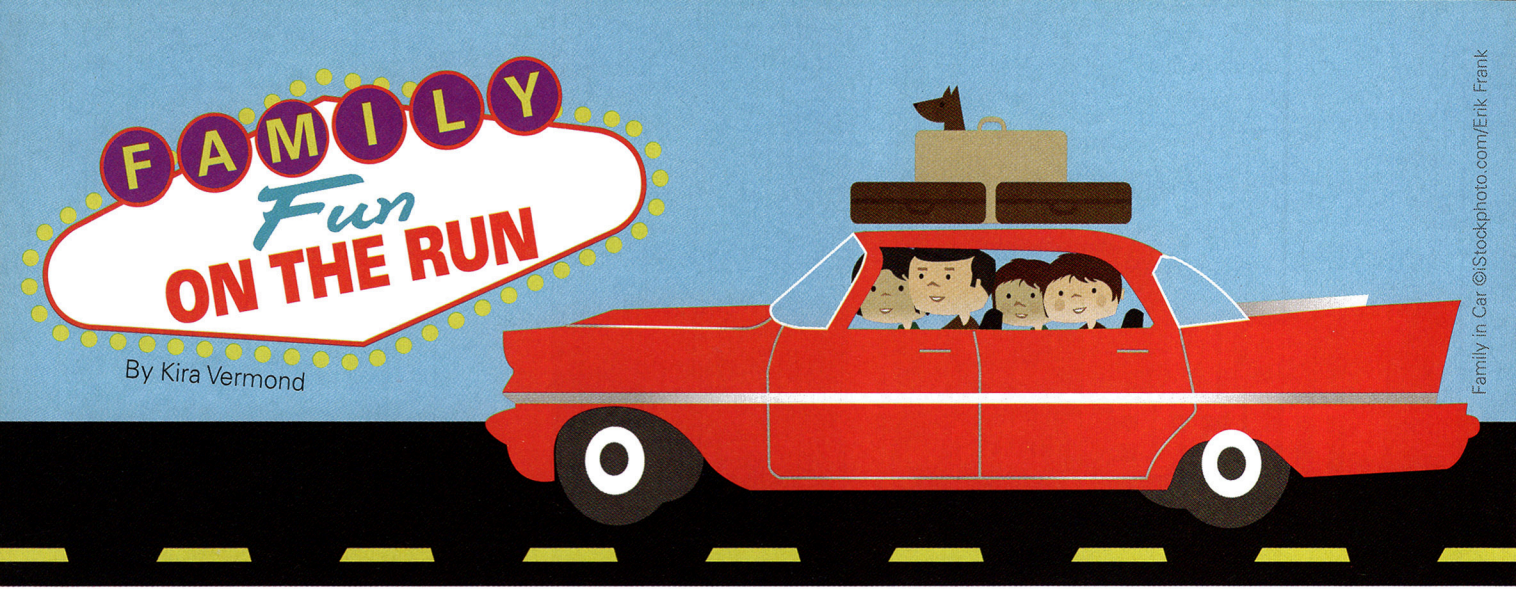
Dodge Caravan

Canada's Best Selling Minivan.

Stow 'n Go™ is a registered trademark of DaimlerChrysler Corporation.

FAMILY Fun ON THE RUN

By Kira Vermond



Family in Car ©iStockphoto.com/Erik Frank

You *can* have a cool family vacation at Canada's kid-friendly lodgings...

There was a time when "hotel" plus "kids" equaled "big, fat headache." No longer. Today, hotels and resorts entice the ankle-biter set and their parents with kids' clubs, face painting, movies under the stars, and the mother-of-all lodging trends: the indoor water park. Here's what some of Canada's accommodations are offering this summer.

Delta Brunswick

While kids swim in the pool, parents check out the hot tub. Then it's back to the room for a movie rental and fresh popcorn delivered right to the door. Tots also get an age-appropriate "Kid's Essentials" kit full of trinkets and eat free from the children's menu. This Kids Night Out package runs from $139 per night. Booking a reservation automatically enters you in the Winning Days of Summer sweepstakes promotion in July. Call 1-877-472-6388.

Loews Hotel Vogue

Travelling to Montreal and feeling like a little luxury? Book the Loews Ultimate Kids Slumber Party package, which starts at $599 for two connecting rooms. Kids are treated like VIPs with gift bags and passes to La Ronde theme park. After a day of hitting the coasters, the kids order room service and change into matching PJs. Call: 514-285-5555.

So much to experience.

With over 600 interactive exhibits, there's something for every member of the family at the Science Centre.

Wildlife Summer

Animal Grossology:
(Until September 4, 2006)
In conjunction with Advanced Exhibits, we invite you to experience some of the slimiest, stinkiest, yuckiest creatures in the animal kingdom.

Bugs! A Rainforest Adventure
Take an incredible journey through the minuscule world of insect life in the harsh but beautiful Rainforest environment.

SHOPPERS DRUG MART
OMNIMAX®
THEATRE

Presented by TERMINIX. An SK Films Release.

This is sponsored by: OFF!® ACTIVE, ON-THE-GO MOSQUITO PROTECTION.

Financially assisted by the Ontario Cultural Attractions Fund of the Government of Ontario through the Ministry of Culture, administered by the Ontario Cultural Attractions Fund Corporation.

Change your mind.

770 Don Mills Road (at Eglinton E.), Toronto, Ontario
416-696-1000 www.OntarioScienceCentre.ca
Renseignements en français : 416-696-3147

An agency of the Government of Ontario.

ONTARIO
SCIENCE
CENTRE

Americana Conference Resort and Spa

A few years ago, the Americana in Niagara Falls got family-savvy. It was the first hotel in the area to jump on the latest resort waterpark trend and hasn't looked back. The Ultimate Family Fun package offers two nights accommodations, a goodie bag with 20 game tokens for the arcade, a snacks voucher, meal vouchers for the onsite restaurant and four passes to the Waves indoor water park. Sample price range: $469 to $699.
Call 800-263-3508.

Blue Mountain Resorts

This Ontario resort, two hours north of Toronto, offers its Family Fun Escape Package this summer from $59 per person. You get a luxury suite, BBQ at the beach, tickets to the outdoor water park and gondola. Or check out the movies under the stars program. They set up a screen and hundreds of Muskoka chairs at the base of the mountain so families can settle in for a flick. Call 877-445-0231.

Great Wolf Lodge

The newest addition to the Niagara area is all about slipping and sliding fun. The 100,000 square foot indoor waterpark complex boasts 13 waterslides, three pools, two whirlpools, wave pool, and lazy river. The rooms and suites are a little pricey considering the amenities (no plates or cutlery to accompany microwaves and fridge, one lone bar of soap in the whole room) but you'll probably be at the waterpark most of the time anyway. And yes, it's awesome. Rooms from $319 to $569. Call 800-605-9653.

POINT PELEE
NATIONAL PARK OF CANADA

Catch the excitement!
Daily July & August
Leamington, Ontario

Marshville *10 am - 6 pm Marsh Boardwalk*
Discover the variety of plants and animals that call the marsh home.

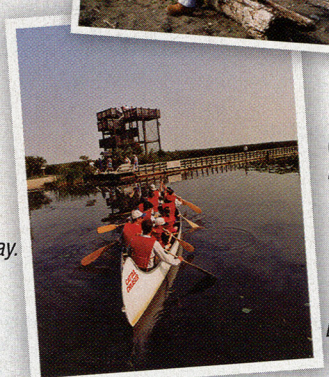
Creature Feature *2:30 pm at Visitor Centre*
Get up close and personal with a live park creature!

Focus on Point Pelee *3 pm at Visitor Centre*
Informative 30 minute theatre shows. New topics everyday.

Interpreters on Patrol
Staff will be out and talking about their cool props!

Freighter Canoe *Guided one (1) hour tour*
Mon to Fri 2 pm - Sat, Sun & Holiday 2 & 4 pm
Cruise amongst the cattails in our ten person freighter canoe.
(Fees applicable)

Just one hour drive from Windsor!



(519) 322-2365
pelee.info@pc.gc.ca
www.pc.gc.ca

PARC NATIONAL DU CANADA DE LA
POINTE-PELÉE

Soyez de la partie!
Tous les jours en juillet et août
Leamington (Ontario)

Marshville *10 h – 18 h promenade des Marais*
Découvrez la riche variété de plantes et d'animaux qui habitent le marais.

Créatures en vedette *14 h 30 au centre d'accueil*
Faites connaissance avec une créature vivante du parc!

Pleins feux sur la Pointe-Pelée
15 h au centre d'accueil
Présentations informatives de 30 minutes.
Nouveau sujet chaque jour.

Interprètes en action
Les employés du parc vous parlent de leurs accessoires formidables!

Grand canot *Randonnée guidée d'une heure*
Lun.-ven. 14 h – sam., dim. et congés 14 h et 16 h
Naviguez parmi les quenouilles dans notre canot à dix places.
(Des frais s'appliquent.)

À seulement une heure de Windsor!

Parks Canada Parcs Canada

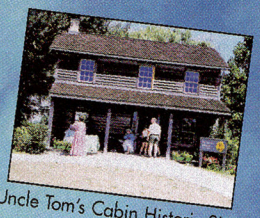
Canada

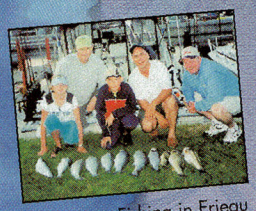
EXPLORE CHATHAM-KENT

Naturally Beautiful with over 100 miles of shoreline and world class fishing. Some of the best bird-watching on the continent. Hot spots include *Rondeau and Wheatley Provincial Parks* and the *St. Clair National Wildlife Area.*

Historically Rich with three Black History sites:
- Uncle Tom's Cabin Historic Site
- Buxton National Historic Site and Museum
- Heritage Room's Black Mecca Exhibit at the WISH Centre

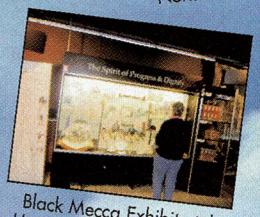
Delightfully Entertaining with lively family festivals, and attractions.


Uncle Tom's Cabin Historic Site, Dresden

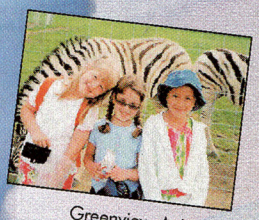

Fishing in Erieau

Restored 1860 School House, North Buxton

Camping in Mitchell's Bay


Black Mecca Exhibit at the Heritage Room in Chatham

Golfing in Ridgetown


Greenview Aviaries, Morpeth

For your FREE Travel Guide or Special Events Guide call...

Chatham-Kent Ontario, Canada

1-800-561-6125

www.cktourism.com

7 acres of FUN under one roof!

Plus more outside!

Family Vacations

Includes hotel accommodation, up to 4 Wild Zone Adventure Passports. (2 adults & 2 children)

starting at $175 + taxes

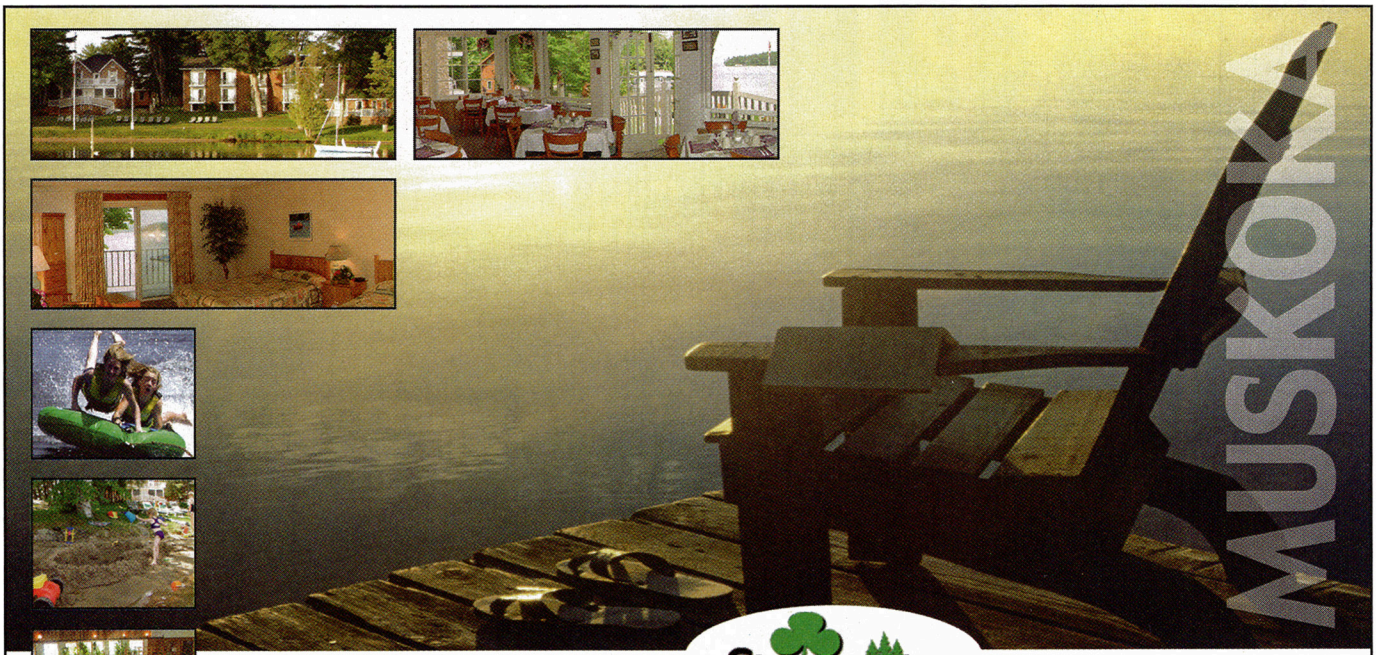
$20 OFF Wheels! Adventure Package

Valid for one package only. Coupon has no cash value & cannot be combined with any other offer or discount. Coupon expires September 30, 2006. Direct bill Acct. #AR501327. Coupon #812.

Wheels! the fun place to be

615 Richmond Street, Chatham, Ontario

www.wheelsinn.com • 1-800-265-5257



For the past 25 years, your hosts the Bryant Family, have been making memories for families, couples and corporate functions. Perhaps that's why people keep coming back year after year.

EXPERIENCE Shamrock LODGE

Relaxation or Family Fun

SHAMROCK LODGE is a full service, resort cottage experience set on beautiful Lake Rosseau. From the 3 meals served daily in the dining room overlooking the lake, to the hotel style amenities in a cottage setting, Shamrock Lodge has it all! Shamrock's amenities include things you might not expect to see including an indoor pool, hot tub and sauna, tennis court, a billiard room, scenic boat tours daily and experience Muskoka's finest golf courses. A fully supervised childrens program complete with their own dining room, safe sandy beach with water volleyball and water trampoline. In the summer, our activities include something for everyone including daily waterskiing, tubing, sailing, kayaking, canoeing and paddle boats. In the winter, take a leisurely XC ski on a groomed trail, snowmobile, skate or ice fish. **www.shamrocklodge.com**

RESERVATIONS: 1-888-742-6742

P.O. Box 160, Port Carling, ON P0B 1J0 • shamrock@muskoka.com

MISSISSAUGA'S FAMILY FUN RESORT

Look no further than The Delta Meadowvale Resort and Conference Centre. This summer, take the kids to a place that is guaranteed to have them grinning from ear to ear. Kids will enjoy the indoor and outdoor pools featuring Greater Toronto's Longest Indoor Hotel Waterslide –165 ft of twisting, turning wet fun!

Exceptional rates and special family packages means Delta Meadowvale has your summer all wrapped up.

- Kid's Welcome Gift
- Unlimited use of Resort facilities, including swimming pools and Children's Creative Centre*
- Daily supervised activities and Family Fun Programs at our very own CAMP MEADOWVALE – including "MAGIC UNDER THE STARS"
- Kids stay and eat for free*
- Close to major attractions and shopping – including Paramount Canada's Wonderland, African Lion Safari, Wild Water Kingdom and Square One Shopping Centre

DELTA
MEADOWVALE
RESORT AND CONFERENCE CENTRE

Your room is ready

Reservations: 1-800-422-8238 or visit www.deltameadowvale.ca

* Kids 6 and under eat free; 7 - 12 half price, restrictions and conditions apply. Some charges may apply.

The Fairmont Waterfront

This Vancouver luxury hotel caters to water freaks this summer in a different way by presenting its "Whale of a Time" package. Families get two-nights accommodation, passes to the Vancouver Aquarium, a trolley pass, one in-room Nintendo game, welcome treats, and complimentary valet parking. A Godsend when you've got a lot of baby luggage. Package costs $699. Call 800-441-1414.

Ages and Stages

Not every hotel or resort offers activities or amenities appropriate for your child's age. Here are a few things to look when booking rooms with babies, toddlers, preschoolers and big kids in tow.

Babies and toddlers

Look for:

- Fridge and microwave to store and heat food, milk, and formula.
- Does the hotel offer baby proofing supplies? A portable crib? Infant tub? Stroller?

Preschoolers

Look for:

- A kid-friendly cafeteria-style restaurant where your picky eater can find something she likes to eat—and you don't have to wait around for the bill.
- A licensed babysitting service.
- A pool or waterpark.

Grade school age

Look for:

- If your child has invited a friend, is your room is big enough to accommodate the insanity?
- Enough activities and attractions nearby to keep busy bodies and imaginations engaged. Think amusement parks, beaches, and museums.
- Soundproof walls.

YOU MAY START DOING THINGS DIFFERENTLY AFTER VISITING THE CN TOWER

trente années LA TOUR CN TOWER thirty years

SUMMER FUN FOR KIDS (OF ALL AGES)

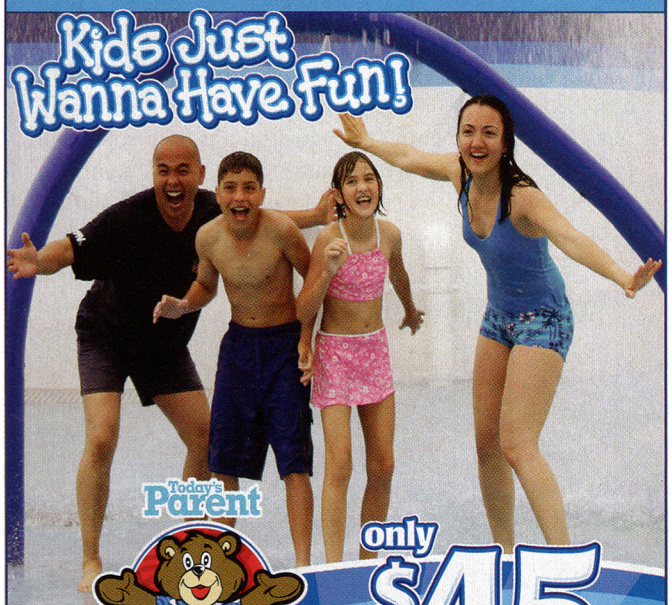
Check out... our Glass Floor with a view 342m straight down, LEGO® Racers: The Ride motion simulator ride*, interactive arcade and more.
* Must be 107 cm tall to ride

416-86-TOWER
www.cntower.ca
301 Front Street West

Canada

ontario place 35

Kids Just Wanna Have Fun!



Today's Parent

2006 Play All Summer Pass

only $45 Until June 16th, 2006

1-866-ONE-4-FUN • www.ontarioplace.com

An Agency of the Government of Ontario.

African Lion Safari®

Canada's Original Safari Adventure

Get close to over 1,000 exotic birds & animals!

- Drive through large Game Reserves
- Thrill to exciting bird and animal shows
- Enjoy a cruise on the "African Queen" boat
- Relax aboard the "Nature Boy" scenic railway
- Misumu Bay Wet Play Area (Seasonal. Height restrictions apply.)
- Jungle Playground, Pets' Corner
- Family Hotel Packages Available

May 6 to October 9, 2006

Clip this Ad and Save up to 12.00* C0005

*Valid for $2.00 off any regular admission. Offer to a maximum of six (6) persons per vehicle. Only one coupon or discount per family vehicle accepted. Cannot be used in conjunction with any other offer. Coupon must be presented at time of ticket purchased. Discounts of any kind will not be accepted after payment has been finalized. No cash value. Not valid for groups. Valid May 6 to October 9, 2006. Located on Safari Road between Highway 6 and 8, North of Hamilton RR1 Cambridge, Ontario Canada N1R 5S2 Phone: (519) 623-2620

www.lionsafari.com

Call 1-800-461-WILD (9453)

Barrie
34 Commerce Park Dr.
(705) 737-2229

Burlington
1250 Brant Street
(905) 315-9155

Mississauga
90 Courtneypark Dr. E
(905) 564-8808

Nepean
5 Roydon Place
(613) 224-4887

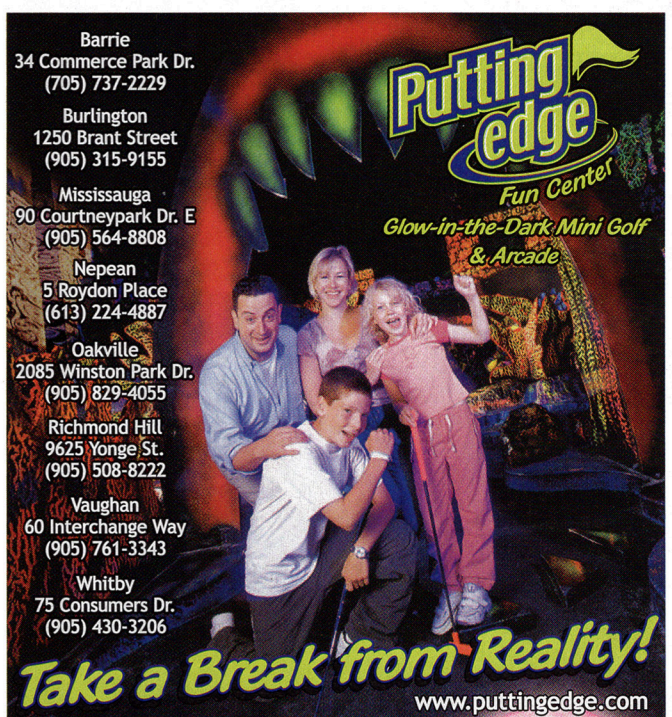
Oakville
2085 Winston Park Dr.
(905) 829-4055

Richmond Hill
9625 Yonge St.
(905) 508-8222

Vaughan
60 Interchange Way
(905) 761-3343

Whitby
75 Consumers Dr.
(905) 430-3206

Putting edge Fun Center
Glow-in-the-Dark Mini Golf & Arcade



Take a Break from Reality!

www.puttingedge.com

WUPK

2 for 1 Green Fee

Buy 1 General Green Fee at regular price and Get 1 Free.
Not valid in conjunction with any other offer.
No cash value. Expires July 31st, 2006.

Ask about our BIRTHDAY PARTIES

WIN A SAFARI GETAWAY

When you subscribe, EVERY issue you will be eligible for that issue's contest!

THIS ISSUE'S CONTEST:

Radisson Hotel:

Overnight accommodations at the Radisson Hotel

Plus...

Breakfast and dinner at one of our 3 restaurants (voucher for $100)

Plus...

Family passes to African Lion Safari and Bingemans Big Splash Park

Radisson®

"Explore Kitchener and stay at the Radisson Hotel! Great Family and Golf Packages, Indoor Pool. Now with the all new Sleep Number Bed —What's your Number?"

African Lion Safari® ANSWER THE CALL... GO WILD! 1969 2006 Canada's Original Safari Adventure

Bingemans BIG SPLASH

martini's

del Dente ITALIAN MEDITERRANEAN DINING

THE WIDEMANS CHARCOAL STEAK HOUSE

Three Great Restaurants...One Unique Destination

❑ YES! Please send me a 1–year (6 issues) subscription for $9.95 plus $0.70 GST ($10.65)

❑ YES! Please send me a 2–year (12 issues) subscription for $14.95 plus $1.05 GST ($16.00)

Mail your entries to:
What's Up Kids Family Magazine
496 Metler Road, Ridgeville, ON, LOS IM0
or enter online at whatsupkids.com

SEND MY SUBSCRIPTION TO:

Name: _____

Address: _____

City: _____ Prov.: _____ Postal Code: _____

Phone: _____

RUSH MY SUBSCRIPTION ❑ My cheque is enclosed ❑ Bill me later

Bill my: ❑ Visa ❑ Mastercard ❑ AMEX

Cardholder Name: _____ Expiry Date: _____

Card Number: _____

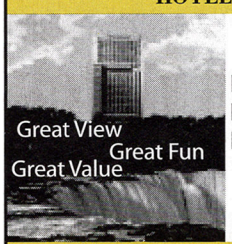
Cardholder Signature: _____

❑ Please enter me in the contest, but I do not wish to subscribe right now.

Up to 30% Savings!

Sheraton Fallsview
HOTEL & CONFERENCE CENTRE

CAA Four Diamond Award AAA



2006 Package Collection

Disney's Aladdin Jr. - Cirque Niagara
Marineland - Niagara Parks Attractions
Bird Aviary - Imax Theatre - Zooz
and much much more...

www.fallsview.com/kidsfun

6755 Fallsview Blvd., Niagara Falls, 800-618-9230

Bonnechere Caves

Ontario's Natural Underground Wonder
in the beautiful Bonnechere Valley

Lying under a hill of limestone, said by geologoists to have been the bottom of a tropical sea 500 million years ago, Caves present a weird and entrancing sight.

Strangely twisting passages wind through the rock, cut by the tireless action of water on stone.

Stalactites, rock icicles formed at the rate of one cubic inch in 150 years, hang from the ceiling, and the handiwork of nature is enhanced with electric lights.

Entombed in the rock and preserved forever can be seen fossils of coral and sea creatures alive long before the age of the dinosaurs.

Millions of years in the making, the Bonnechere Caves are a thrill for the sightseer, first discovered in 1853 and opened in 1955, 102 years later.

For pictures underground, don't forget to bring your flash attachment. The white waters of the waterfall are a fine subject for movie fans and artists.

On the hottest summer days the Caves are cool. For your comfort, take a light sweater. Low-headed shoes are recommended.

Picnic tables are provided for the use of visitors to the Caves. Soft drinks, ice cream, etc. can be obtained at our refreshment booth.

For large groups, please call in advance to inquire about our group rates. Ask for Chris or Val Hinsperger.

1-613-628-CAVE
www.bonnecherecaves.com

Tips and Tricks to Travel with Tots

Ah, there's nothing like a family trip in the car to get your vacation off to a stress-free adventure, right? To ease your tension, here are some helpful tricks and games.

What to bring?

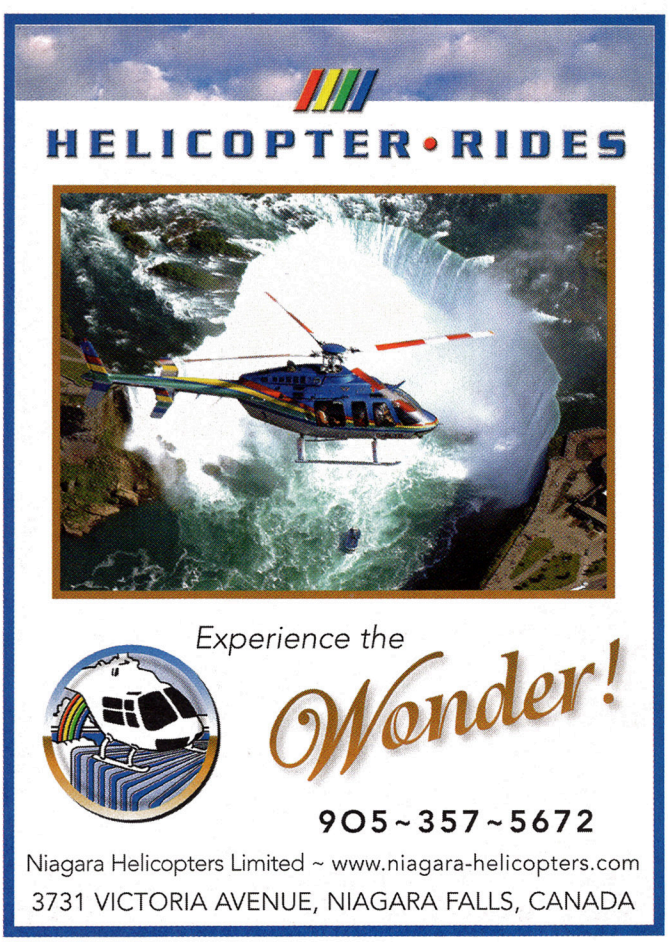
Grab bags full of great time minimizers:

- Package of plastic animals from the dollar store
- Puzzle books
- Magnetic puzzles
- Threading games (you can make your own with a hole punch and wool)
- A lap desk and tons of crayons and paper
- A map of where you're going and a highlighter (they become the navigator!)
- A cooler for the backseat with fruit slices, bottled water, and juice boxes
- Book lights for travelling at night (light sticks are fun, too)
- Finger puppets (what fun making the passengers of other cars smile)

What to do?

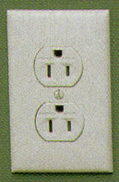
Car games, old and new, make the miles melt away:

- **Count the Cows** (great if you're travelling the country)—Each player picks a side of the road and tries to count how many cows they pass. If you pass a church you have to start all over again!
- **Find It**—make a list of stores, signs, landmarks, flags, out-of-province licence plates, etc that your kids have to mark off of their list for their side of the car.
- **From Where to Where?**—One person, usually the driver, starts with naming a country or a city, and the next person (probably the person in the front passenger seat if you are going clockwise) has to come up with a place that starts with the letter the first place ended with. So, for example, if the driver said, "Ottawa," the next person would have to come up with a location starting in "A."
- **Finish My Sentence**—One person comes up with a sentence start like, "I always like to eat my sandwiches…" and the next person has to finish the sentence. Be careful! This can get pretty silly!



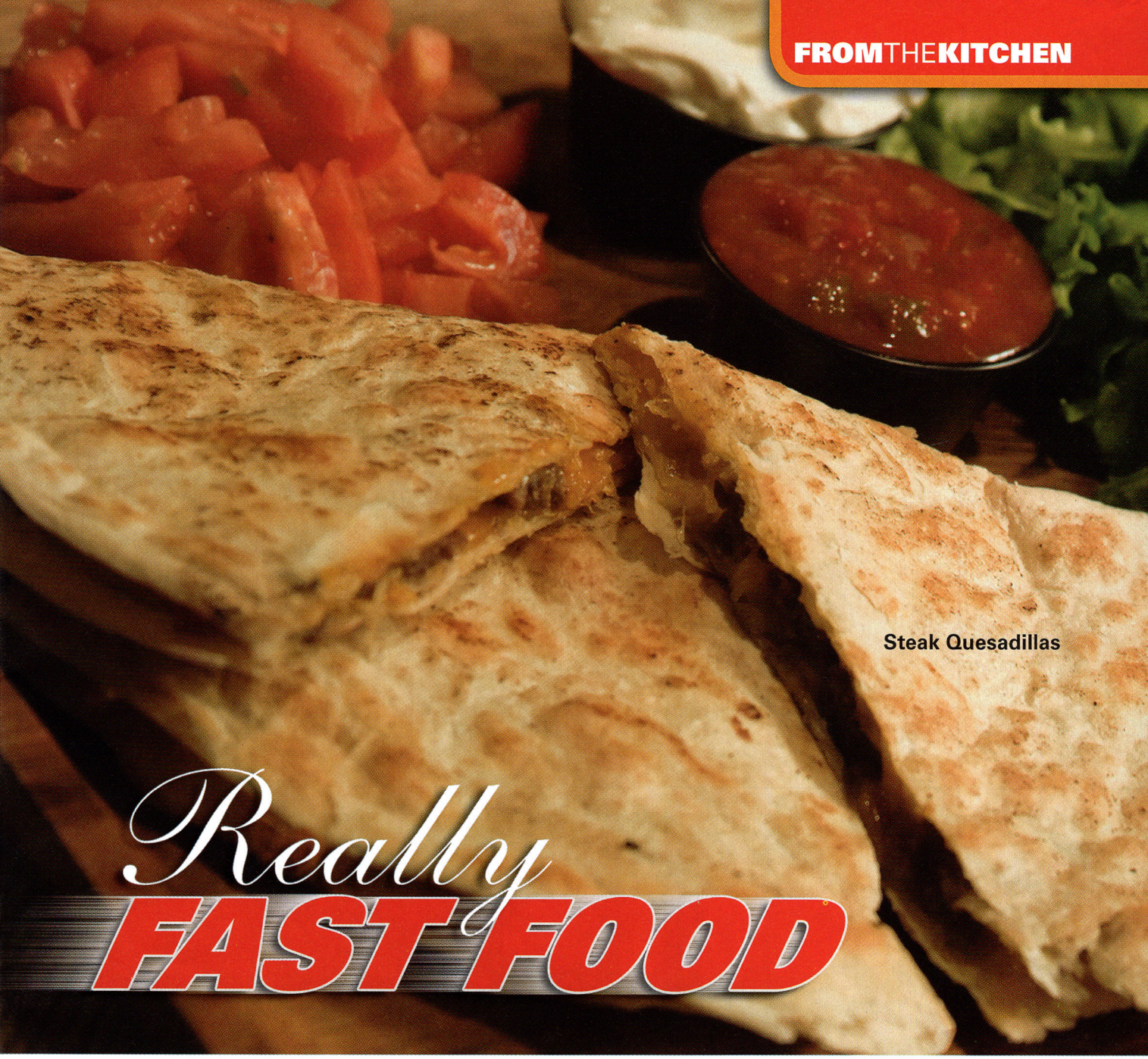
Can't stop your kid's friends coming for dinner?

Stop cooking with Cheese.



www.dairygoodness.ca

QUALITY MILK®



Steak Quesadillas

Really FAST FOOD

Turning to your pantry instead of turning into the drive-thru

By Julie Van Rosendaal

How many nights do you arrive home at the end of the day with no idea what's for dinner, and with no time to pick up a supermarket chicken?

If this scenario sounds familiar, don't feel bad. If it weren't a common occurrence, pizza places and drive-thrus would be out of business.

There is probably enough in your pantry to pull together a decent meal with little effort, even if the cupboard appears to be bare.

Look in the fridge. Are there eggs and some sort of cheese? Throwbacks from the 50s like Welsh Rarebit (a sort of unglamorous cheese fondue served on toast), and Monte Cristos (kind of a cross between a grilled cheese and French toast) are perfect comfort foods to call into service on nights such as these. And best of all, kids love them as much as grown-ups do.

Quesadillas

This recipe makes one quesadilla, but it's easy to double or triple to make as many quesadillas as you like. It makes a great cupboard cleaner—use any ingredients you have in your fridge or pantry—chopped cooked chicken, pork, shrimp or beef, scrambled eggs, black or kidney beans, guacamole, shallots, olives, chopped tomatoes, or sautéed green or red peppers.

Olive oil

1/4 purple onion, finely chopped

1 clove garlic, finely chopped

4–5 mushrooms, thinly sliced

2 flour tortillas (regular, whole wheat, spinach, or tomato)

1 cup (or enough to hold the tortillas together) grate cheddar, mozzarella, or Monterey Jack cheese

1/4-cup sliced black olives

Salsa, guacamole, and/or sour cream, to serve with (optional)

Heat a drizzle of olive oil in a skillet set over medium heat. Add the onion, garlic and mushrooms and cook until the onions are translucent, and the vegetables get soft, and then start to turn golden.

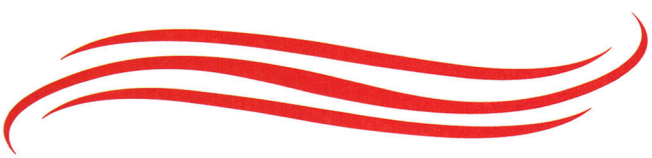
Lay one flour tortilla in a skillet big enough to accommodate it and set it over medium heat. Sprinkle with half the cheese, and then spread the sautéed vegetables evenly over the cheese. Sprinkle with the olives and then the remaining cheese. Let it cook until the cheese starts to melt, then put the second tortilla on top.

When the cheese is melted enough to help hold the tortillas together, flip the quesadilla using a spatula, or slide it onto a dinner plate and then invert it back into the pan. Cook until the other side is crispy and the cheese has melted. Slide it back out onto the plate and cut into wedges with a knife or pizza wheel. Serve plain, or with salsa, guacamole, and/or sour cream.

Makes 1 quesadilla, enough for 1–2 people.

Dessert Quesadillas: Fill the flour tortillas with chocolate chips, chopped nuts, mini marshmallows, jam, or anything sweet that will melt and hold the tortillas together.

Per serving: 256 calories, 13 g fat (6 g saturated, 5 g monounsaturated, 1.5 g polyunsaturated), 11 g protein, 24 g carbohydrate, 26 g cholesterol, 2.8 g fibre.



Welsh Rarebit

2 Tbsp butter or non-hydrogenated margarine

2 Tbsp flour

1 tsp mustard

1 tsp Worcestershire sauce

Salt & pepper to taste

Option: 3/4-cup milk OR Half a can or bottle of non-alcoholic beer for a more traditional taste.

3/4-cup milk, evaporated milk or half and half

1 1/2 cups grated old cheddar cheese

Toast (thickly sliced sourdough, multigrain, rye, or even raisin bread works well)

Melt the butter in a medium saucepan set over medium heat. Whisk in the flour and cook, whisking constantly, for about 2 minutes. Whisk in the mustard, Worcestershire, salt, and pepper. Whisk in the beer and milk or cream and mix until well blended and smooth.

Stir in the cheese and continue to stir for about 5 minutes, until the cheese melts.

Serves 4–6, depending on ages and appetites.

Per serving (on whole wheat toast): 234 calories, 13.6 g fat (8.2 g saturated, 4 g monounsaturated, 0.7 g polyunsaturated), 10.3 g protein, 19 g carbohydrate, 39 g cholesterol, 1.6 g fibre.

Never too early, or too late
to enjoy music making as part of every day life!

Let's start on a beautiful note!
• As young as 3 to seniors.
• Beginners level to accomplished players.
• Yamaha method trained instructors.

It's never too late to play.
Why wait any longer?
Good for you!
Good for the kids!
Good at any age!
Call today!

Yamaha Music School Courses
50 locations from coast to coast!
Please go to: www.yamaha.ca
search: musiceducation/findaschool

YAMAHA MUSIC SCHOOL
5075 YONGE STREET, TORONTO, ON M2N 6C6
TEL: 416-224-5590 FAX: 416-224-0290

YAMAHA CANADA MUSIC LTD

Play the very best you can!®
YAMAHA®
www.yamaha.ca

Sour Cream Cheese Bread

This cheesy bread is easy to mix and bake in a hurry and is perfect to round out a meal of chili, stews, or even a can of soup. Or cover thick slabs with Sloppy Joe mixture or Chicken a la King. It's also a great way to use up any leftover bits of cheese you have lying around in the fridge. To make muffins, fill muffin tins that have been sprayed with non-stick spray or lined with paper liners and bake them for 20–25 minutes, until golden and springy to the touch.

- 3 cups all-purpose flour
- 1 Tbsp. baking powder
- 1 tsp. salt
- 1/4 tsp. cayenne pepper (optional)
- 1 cup grated old cheddar or other intensely flavoured cheese
- 1/2 cup grated Parmesan
- 1 1/4 cups milk
- 3/4 cup light sour cream or plain yogurt
- 3 Tbsp. butter or margarine, melted
- 1 large egg

Preheat the oven to 350°F (175°C). Spray a 9 x 5-inch loaf pan with non-stick spray.

In a large bowl, stir together the flour, baking powder, salt, and cayenne pepper. Stir in the cheeses, tossing to blend and get rid of clumps.

In a medium bowl, stir together the milk, sour cream, butter, and egg. Add it to the dry ingredients and stir gently with a spatula until just combined. Don't over mix, or the bread will be tough.

Pour the batter into the prepared pan. If you like, sprinkle the top with more grated cheddar cheese or Parmesan.

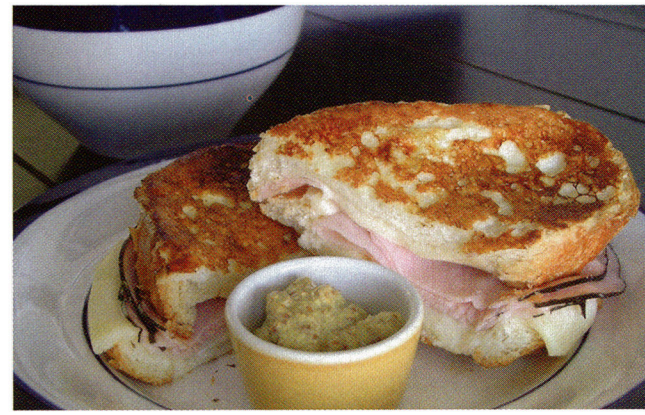
Bake for 45–50 minutes, until the loaf is golden and the top is springy to the touch. Cool in the pan on a wire rack.

Keep the covered loaf or individually wrapped slices at room temperature for 2 days, or wrap well in plastic and freeze for up to 4 months.

Makes 1 loaf.

Per slice (based on 12 slices): 210 calories, 7.3 g fat (4.3 g saturated, 2.1 g monounsaturated, 0.4 g polyunsaturated), 8.2 g protein, 27 g carbohydrate, 37 g cholesterol, 1 g fibre.

Monte Cristo Sandwiches



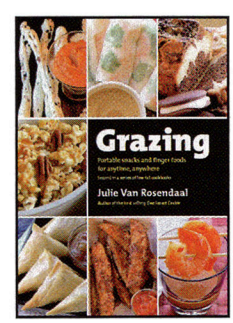
- 8 slices good-quality bread
- Mustard or light mayo (optional)
- 4 slices ham or turkey
- 4 slices Swiss, cheddar, Monterey Jack, or Gouda cheese
- 3 large eggs
- 3/4 cup milk
- Salt & pepper

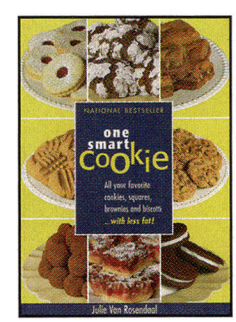
If you like, spread half the slices of bread with mustard or mayo. Make 4 sandwiches with the meat and cheese.

In a shallow dish, whisk together the eggs and milk. Season with salt and pepper. Place a large skillet over medium heat and spray it with nonstick spray or drizzle with a little canola oil. Holding them closed; dip the sandwiches into the egg mixture, coating both sides well. Cook for 3–4 minutes per side, until the exterior is golden and the cheese has melted.

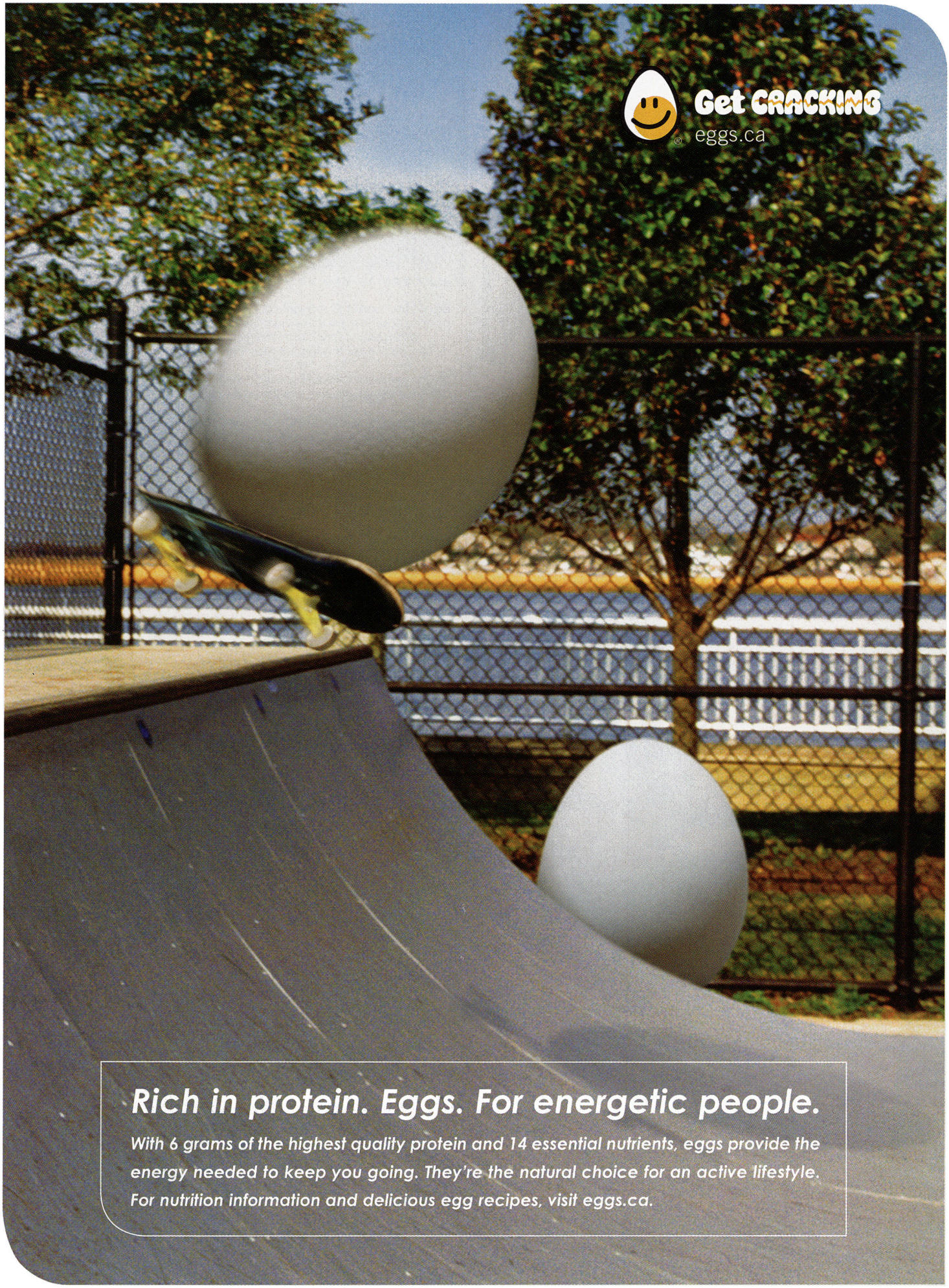
Serves 4.

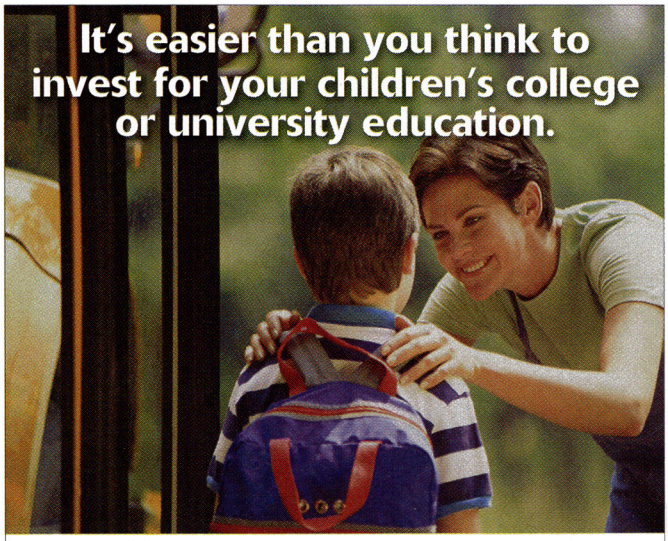
Per serving (on whole wheat bread): 305 calories, 12 g fat (5.5 g saturated, 4 g monounsaturated, 1.4 g polyunsaturated), 23 g protein, 27.3 g carbohydrate, 39 g cholesterol, 2.9 g fibre.





Julie Van Rosendaal is a cookbook author and a new mom. For a chance to win a copy of one of her books,


Get CRACKING
eggs.ca
Rich in protein. Eggs. For energetic people.
With 6 grams of the highest quality protein and 14 essential nutrients, eggs provide the energy needed to keep you going. They're the natural choice for an active lifestyle. For nutrition information and delicious egg recipes, visit eggs.ca.



To learn more about Education Savings Plans and government grants to help you save, call Otilia at 1-877-460-7377 ext. 3563. As one of the first 25 respondents, mention What's Up Kids magazine and receive a special souvenir album for your child's school day memories! www.globalfinancial.ca

GLOBAL
EDUCATIONAL MARKETING CORPORATION
distributor of the
GLOBAL EDUCATIONAL TRUST PLAN
Offered by prospectus only.

Enriching. Empowering. Enjoyable.

Music for Young Children® classes motivate and empower child and parent and MYC® is one of the world's leading music-learning systems – the only child-centered program to integrate keyboard, creative movement, rhythm, singing, ear-training, sight-reading, music theory and composition.

MYC brings parents and their children together, nurturing family bonds and delivering memorable and thoroughly enjoyable co-learning experiences.

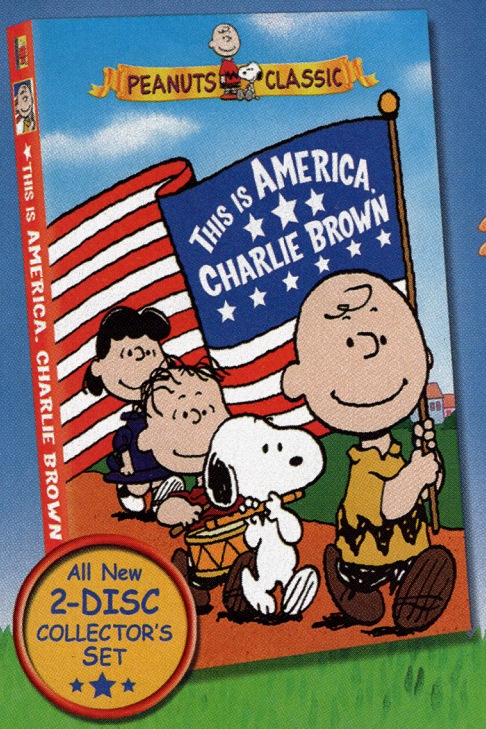
For information about the MYC class nearest you or teaching opportunities, visit **myc.com or contact us**:

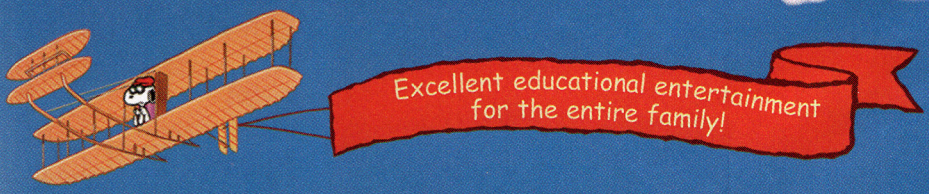
Music for Young Children
39 Leacock Way, Kanata ON K2K 1T1
learning@myc.com **Tel:** 613.592.7565
Toll free: 1.800.561.1MYC **Fax:** 613.592.9353

Music for Young Children™
The high note in music learning™
myc.com

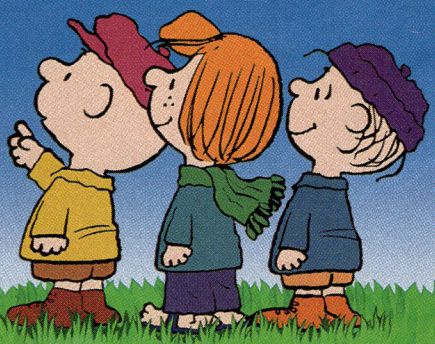
TRAVELING THROUGH HISTORY, PEANUTS-STYLE!

This exclusive 2-disc set **contains 8 episodes** of everyone's favorite **Peanuts** pals traveling through time to visit important places and events in American History.





OWN IT ON DVD FOR THE FIRST TIME EVER!
JUNE 13th



www.paramount.com/homeentertainment
PEANUTS © United Feature Syndicate, Inc. Characters Copyright © 1988 United Feature Syndicate, Inc. All Rights Reserved.
Paramount logo: TM, ® & Copyright © 2006 by Paramount Pictures. All Rights Reserved.

©iStockphoto.com/Brandon Laufenberg, Maartje van Caspel and Bradley Mason

Enter for a chance to WIN a $20,000* Education Savings Plan

Proud supporters of children's education

what's UP kids FAMILY MAGAZINE

GLOBAL EDUCATIONAL MARKETING CORPORATION
MAXFIN INVESTMENTS INC.
distributors of the GLOBAL EDUCATIONAL TRUST PLAN

CHILD'S NAME: (Limited to children under 15) CITY: POSTAL CODE:

BIRTH DATE: PHONE: (HOME) (BUS)

YOUR NAME: E-MAIL

ADDRESS: APT: RELATIONSHIP TO CHILD: (Parent, Grandparent, Friend etc.)

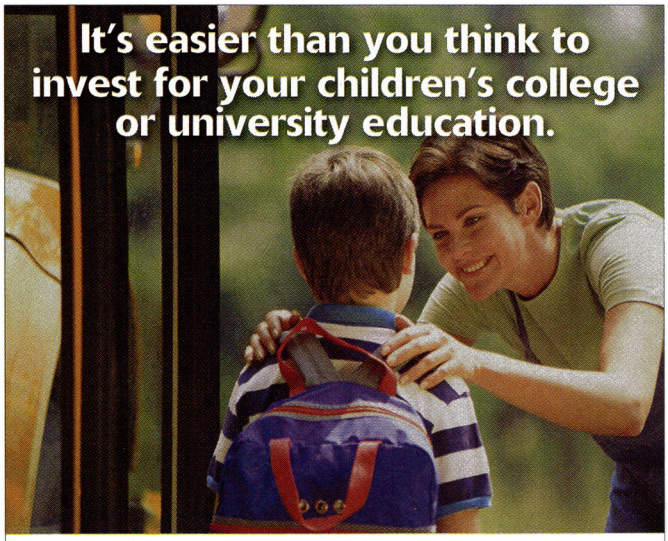
* Potential value.

☐ Check here if you do not wish to receive information about the above by mail.

☐ On occasion we make available limited information to carefully screened organizations whose product or service we feel would be of interest to you. If you would rather not receive such offers, check here.

☐ Check here if you do not wish to be contacted by a representative who can give you more information about Education Savings Plans and added government grants.

For complete contest rules and conditions or to view our full privacy policy visit the Global Web site at www.globalfinancial.ca/contest or call 1-877-460-7377 to request a copy. *Not valid in Manitoba.*



To learn more about Education Savings Plans and government grants to help you save, call Otilia at 1-877-460-7377 ext. 3563. As one of the first 25 respondents, mention What's Up Kids magazine and receive a special souvenir album for your child's school day memories! www.globalfinancial.ca

GLOBAL
EDUCATIONAL MARKETING CORPORATION
distributor of the
GLOBAL EDUCATIONAL TRUST PLAN
Offered by prospectus only.

Enriching. Empowering. Enjoyable.

Music for Young Children® classes motivate and empower child and parent and MYC® is one of the world's leading music-learning systems – the only child-centered program to integrate keyboard, creative movement, rhythm, singing, ear-training, sight-reading, music theory and composition.

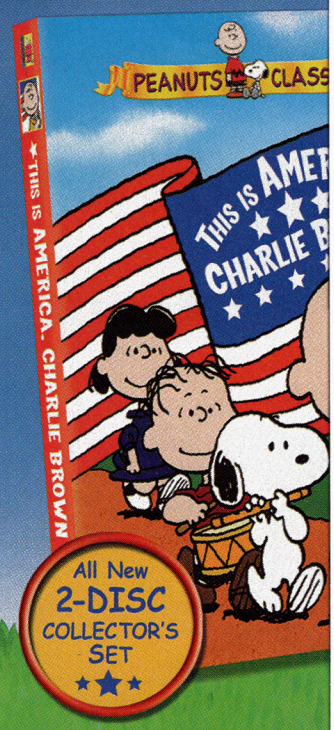
MYC brings parents and their children together, nurturing family bonds and delivering memorable and thoroughly enjoyable co-learning experiences.

For information about the MYC class nearest you or teaching opportunities, visit **myc.com or contact us**:

Music for Young Children
39 Leacock Way, Kanata ON K2K 1T1
learning@myc.com **Tel:** 613.592.7565
Toll free: 1.800.561.1MYC **Fax:** 613.592.9353

Music for Young Children™
The high note in music learning™
myc.com

TRAVEL



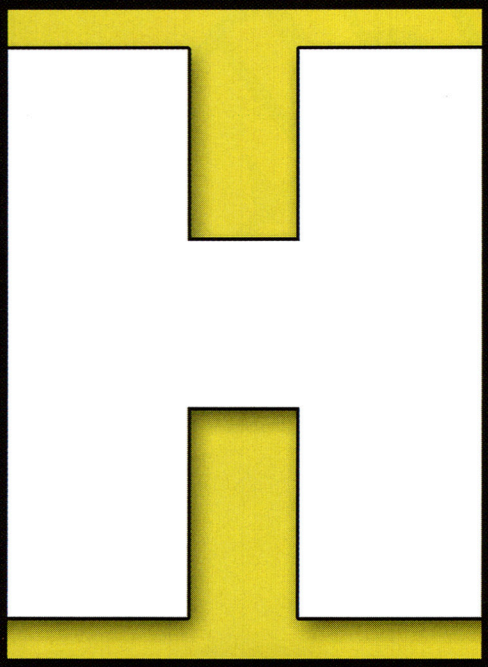
CANADA POST POSTES CANADA
Postage paid if mailed in Canada
Port payé si posté au Canada
Business Reply Mail
Correspondance-réponse d'affaires
4187245 **01**

1000007051-M9M2Z8-BR01

EDUCATION SAVINGS PLAN CONTEST
PO BOX 58251 STN BRM B
TORONTO ON M7Y 9G1

©iStockphoto.com/Brandon Laufenberg, Maartje van Caspel and Bradley Mason

OVER THE HEDGE



Photos Courtesy of DreamWorks Animation SKG.

Just Whose Backyard is This Anyway?

G

D

E

By Susan Pennell-Sebekos

They eat to live. We live to eat.

After a restful, five-month hibernation a group of woodland characters wake to find that what was once a forest is now a giant hedge, and on the other side of the hedge—suburbia. DreamWorks new CGI-animated film gives us a special look at what life is like on the other side (of the hedge).

A cast of Canadian vocal talent (William Shatner, "Ozzie" the 'possum; Avril Lavigne, his daughter "Heather"; Eugene Levy and Catherine O'Hara as the porcupine couple, "Penny" and "Lou") join a truly star-studded cast of Bruce Willis, Garry Shandling, Steve Carell, Nick Nolte, Wanda Sykes, and Allison Janney to bring the world of "Over the Hedge" to life.

The movie is taken from the popular comic strip, *Over the Hedge*, written by Michael Fry and illustrated by T Lewis, in which a pair of unlikely best friends—a raccoon and a turtle—comment on human civilization as they peer into the manufactured and manicured world of suburbia.

"It's a great setting because anyone who has a backyard has had some experience with wildlife," Fry says. Director, Tim Johnson adds, "The suburban setting could be anywhere. Whether you're in the suburbs of Chicago, or the suburbs of Paris, whether you live out on a farm or in the middle of the city, there are animals who have had to learn to deal with the fact that humans are pretty much everywhere now."

"You might look at those animals and ask yourself, 'What are they thinking?' And what we're saying is that they're thinking that they want to get into your kitchens," Fry laughs.

Johnson points out that the movie serves as something of a prequel to the long-running comic strip. "We like to say that our story ends where the comic strip began."

"The movie is lush and charming," says William Shatner, who plays Ozzie, the 'possum who is quite a Shakespearean ham. "I play the father to a rather embarrassed teenager, Avril Lavigne." Heather, his woodland daughter, always wanted to be a wolf, but by the cruel roll of the genetic dice is born a possum just like her father. His answer to everything is to play dead, and it mortifies Heather.

"A lot of teenagers are embarrassed by their parents," says Lavigne, and then adds, "Yeah, I know there's a few kids out there who can relate."

"And nobody can die like Shatner," says Allison Janney (who plays the voice of "Gladys" the President of the Homeowners' Association, and a raving perfectionist).

And of course, what would a great movie be without a sidekick? Hammy, voiced by Steve Carell, is an energetic (to say the very least), lovable, squirrel. "Hammy is an idiot savant," explains Carrel, "without the savant. But well-meaning, and in a world of his own."

All the animals pull together to sort out the predicament they now find themselves in with feats of heroic daring. "Over the Hedge" will leave audiences with a new perspective of how the "other side" sees us. And as illustrator T Lewis says, "and that's just a big tub of gravy."

William Shatner with his alter-ego "Ozzie"

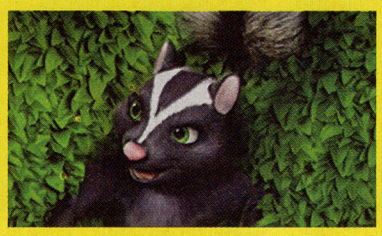
Raccoons

- Eight to 16 raccoons share about 1 sq. km of a neighbourhood
- Wash their food before eating it
- Can live 10 to 13 years

Photos Courtesy of DreamWorks Animation SKG.

Opossums (aka, 'possums)

- Like to live alone, and usually find another animal's den
- When upset, they will bite, scratch, hiss, growl, and play dead
- The mother carries her young in a pouch



Skunks

- Realize their scent is repulsive and will never spray in confined areas
- Have very little fear of humans, but they will retreat instead of spraying.
- They really only spray when threatened, but they have quick tempers

Squirrels

- Not very territorial; they are social with other squirrels
- Can reach speeds of up to 25 km per hour!
- Will sacrifice part of its tail, and some bones in its back in order to escape a predator

GARDEN STEPPING STONES

KID CRAFT

By Alex and Kylie-Jane Degeling

Numerous kits are available in stores offering a variety of stepping stone designs, but if you start from scratch, you can save money and make many more stones!

SUPPLIES:

- Gravel-free cement (3.5 kg per stone)
- Bucket and stirrer to mix cement
- Protective goggles, mask, & rubber gloves
- Moulds (plastic works best—the bases for large planters work well)
- Newspaper or drop sheet
- Vaseline or WD40
- Decorations (beads, marbles, tiles, hands to make handprints—anything!)

STEP 1 Choose an area to work where the moulds can be left undisturbed for at least 24 hours. Moving the moulds while they are setting can cause cracking.

STEP 2 Use paper or drop sheets to protect your work area.

STEP 3 Smear Vaseline or spray WD40 inside your mould. Be thorough.

STEP 4 Follow the instructions for your chosen cement (each variety will be different). Careful! Don't add too much water at a time.

STEP 5 Pour prepared cement, stopping when the mould is half filled.

STEP 6 Jiggle the moulds to release bubbles.

STEP 7 Add the remainder of the cement mix to the moulds and level with stirrer.

STEP 8 Wait 10 minutes before adding decorations.

STEP 9 Wait 30 minutes before writing or making footprints or handprints.

STEP 10 Do not move the stone for at least 24 hours.

STEP 11 After 48 hours, gently turn stone upside down over a blanket, towel, or mat. Tap on the back until the stone is released.

1. If you would like coloured stones, ask at a craft or building supplies store for cement pigment. Food colouring will not work.
2. You can continue to decorate your stone after it has set, with patio paints or acrylic over-spray.
3. It is dangerous to breathe cement dust and wet cement can burn skin. Be sure to use the protective gear listed (a scarf wrapped around the mouth and nose can be used for a mask). If any cement touches your skin, be sure to wash thoroughly.
4. For hand or footprints, cover the skin with Vaseline before imprinting.

WHAT ARE THESE ANIMALS THINKING?

Do you have a funny animal pic? Send it to us, and if we use it you will get a great prize! Animals Thinking, 496 Metler Road, Ridgeville, ON, L0S 1M0. Don't forget to include your name, address, and age! Sorry, we can't return the photos.

Name:_____ Address:_____

City:_____ Province:_____ Postal Code:_____

Age:_____ Are you a subscriber: Yes ❑ No ❑

Contest Deadline is June 30, 2006.

SOME OF THE ENTRIES FROM OUR MARCH/APRIL ISSUE:

Santa knows if you've been good, or baaaaad
–Brendan C, Saskatoon, SK

Move over Rudolph!
–Mandy P, Victoria, BC

Hey, this counting sheep really works!
–Leonardo G, Toronto, ON

I wonder how "stuffed" lamb tastes?
–Rebecca M, Mississauga, ON

Hey, who took my booster seat?
–Jordon P, Toronto, ON

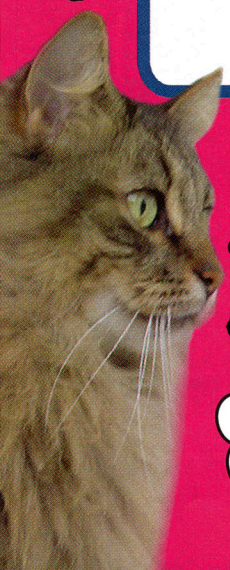
Where's the fish baby food?
–Deserea M, Winnipeg, MB

COLOURING CONTEST

NICK JR. DORA the EXPLORER

It's a Party!

NICK JR © 2005 Viacom International Inc. All Rights Reserved. NICK JR., DORA THE EXPLORER and all related titles, logos and characters are trademarks of Viacom International Inc. TM, ® & Copyright © 2005 by Paramount Pictures. All Rights Reserved.



Hey kids! When you're finished colouring, don't forget to find my fake ad. Find it, and you will be eligible for great prizes! Send your entries to:

Chester's Fake Ad, 496 Metler Rd, Ridgeville, ON, L0S 1M0 or to, contests@whatsupkids.com. Don't forget your address and age!

Mail your entry to: 496 Metler Road Ridgeville, ON, L0S 1M0
Contest Deadline: June 30, 2006

Name: _____
Address: _____
City: _____
Prov: _____ Postal Code: _____
Age: _____ Phone: _____
Are you a subscriber? ❑ Yes ❑ No

PLANET EARTH

By Elizabeth Hawksworth

It's hot, windy, and crawling with wild animals: the African Savannah. This part of the African ecosystem takes up over 46 percent of the continent, and includes the Serengeti (where the Lion King took place).

The savannah is like a big field covered in grasses, shrubs, and small trees with rainy and dry seasons. It's home to thousands of animals, including lions, camels, zebras, elands, giraffes, hyenas, rhinos, elephants, monkeys, meerkats (like Timon), and all kinds of beautiful birds. Some animals, like the lion and Asian elephant, are on the Endangered Species list.

AFRICAN LION

This cat doesn't say meow; he roars! Lions live in groups of five to 20 members, called prides. The biggest male is the boss. Lions are hunters, so they eat animals like zebra and antelope. During the day, lions are like any other kitty—they like to sleep.

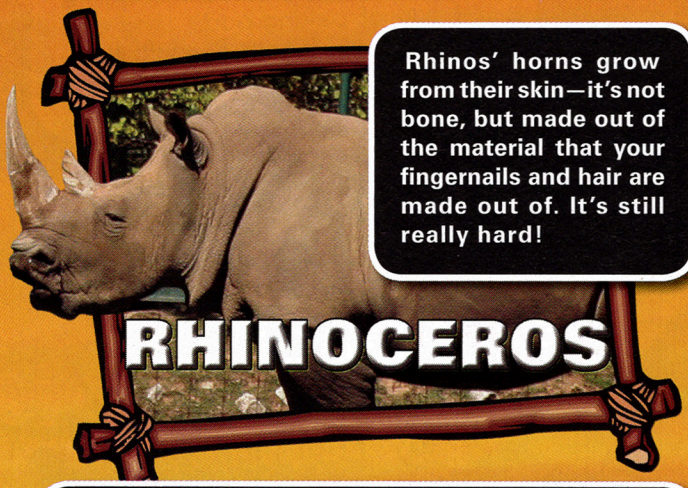
ZEBRA

A zebra's stripes act as camouflage, or like a disguise to hide them from predators so they can hide in the grasses on the Savannah. However, some people think that zebras' stripes act as a cooling influence, with the black stripes absorbing the intense heat of the Savannah, and the white stripes reflecting it.

WUK would like to thank AFRICAN LION SAFARI for their help in compiling this month's Planet Earth!

Hello up there! Did you know that the giraffe is the tallest animal in the world? They're so tall that they actually watch out for other animals like antelope and ostriches, because they share feeding grounds with them. Giraffes hang out in herds of 12 to 15 and have brown coats with darker patches on them—and just like zebras, no two giraffes' patches are alike.

Elands are the largest and fastest antelopes on the Savannah. Did you know that elands are so gentle that they can be tamed and raised like cows?



Rhinos' horns grow from their skin—it's not bone, but made out of the material that your fingernails and hair are made out of. It's still really hard!

Did you know that cheetahs are the fastest animals on the earth? They can run as fast as 114 kilometres per hour! Cheetahs are cats and look a little like a leopard, but smaller. While most cats eat at night, cheetahs hunt during the daytime and eat small animals. A cheetah's favourite food is an antelope!

Baboons are not the cuddly apes that they look like—watch out, because they're fierce and have been known to be mean. Baboons are so strong that they can actually kill small gazelles!

Animal Photos: George Lohin

AFRICAN SAVANNAH

ASK CHESTER

Hey kids!
Don't forget to find my fake ad. Find it, and you will be eligible for great prizes!
Send your entries to:
Chester's Fake Ad,
496 Metler Rd, Ridgeville,
ON L0S 1M0
or to,
contests@whatsupkids.com.
Don't forget your address and age!

Q

My dog, Clancy, decided to try to catch a skunk. Now he stinks really bad. Tomato juice didn't work, what should we do?

—Carri L
Parry Sound, ON

A

Ah, dogs and their play toys... Well, let me first let you know why your dog is stinking to high heaven. Skunk spray is made up of something called, thiols. Thiols are really the stuff that makes all rotting living things smell horrible. It is no wonder skunks have been so successful in surviving—skunks really have grown in numbers over the years—not many animals are brave enough to chase down a skunk (well, with the exception of Clancy, of course).

Try either of these two "recipes" for taming the smell. Mix a litre of 3% hydrogen peroxide with a 1/4 cup of baking soda, and one teaspoon of liquid soap. Smear it all over Clancy. If that doesn't work, try rubbing him with toothpaste! It's messy, but it really works! (Oh, make sure you use gloves, or you're hands will smell like rotting yuck, too.)

Do you have an animal question for me?
Write to: Ask Chester, 496 Metler Road, Ridgeville, ON, L0S 1M0
or email at: chester@whatsupkids.com
If I answer your question, I'll send you a prize!

KID 2 KID

by Jade Wallace

Q

There's this kid who is always bugging me. She even found out my instant messaging nickname and pretended to be me and said awful stuff to my friends. I've told the principal and it stopped for a while, but she's still doing other annoying stuff. What can I do?

—Rebecca K
Orleans, ON

A

On the bright side, you've learned about one of the dangers of the Internet. So the first thing is to tell your friends what happened. Next, you should try to find a more secure password (or, you could just talk to them on the telephone, you know). Also, make sure that you haven't done anything to hurt this girl's feelings, making her want to retaliate against you. If you can, talk to her civilly (nicely), and ask if there's a reason she's doing this. If you are being nice, and not doing anything to cause this, then you should talk to your parents, who can talk to her parents and the principal, to find a way to deal with this issue.

Hey Now!

Send in your questions to funsection@whatsupkids.com and we'll put Jade on the case!

Game Warden

COOL CAREERS

Have you ever pictured yourself looking after the great cats of the African Savannah? Wouldn't you just love to say you work with lions? Well, Lisa Gagnon is a Game Warden, Large Cats, at Rockton, Ontario's African Lion Safari and she tells *What's UP Kids* what it's like to do just that.

What's UP Kids? How long have you looked after wild animals?
Lisa Gagnon: I have looked after wild animals for 16 years. The only thing I can ever remember wanting to do while growing up was to work with animals. I started working at African Lion Safari while I was attending the University of Guelph. I have worked at the park for 17 years now!

WUK: Do you have a favourite animal?
LG: My favourite animal is the lion. I think lions are majestic, and I like the way they live in family units called "prides." They are the only large cats that live in family units. The "pride" I work with at African Lion Safari consists of 10 members.

WUK: What is the most challenging part of your job?
LG: At African Lion Safari animals live in environments that closely replicate their natural habitats. Lions are social creatures that live in a group called a "pride." Each pride consists of young, active cubs, mothers, juveniles, and one dominant male. The challenge working with these majestic cats is that they need to be constantly observed and monitored as the dynamics of a pride always changes.

WUK: What's the best part of your job?
LG: The best part of my job is the individual relationships that I am able to develop with each animal under my care. African Lion Safari employs a philosophy of working closely with all of its birds and animals. Therefore, I have been able to develop a strong bond between the cats and me.

WUK: What is your favourite part of the job?
LG: My favourite part of the job is when a lioness has cubs. I love to watch a mother feed, bath, and play with her cubs. It is rewarding to see these animals having offspring as it indicates that they are happy and healthy.

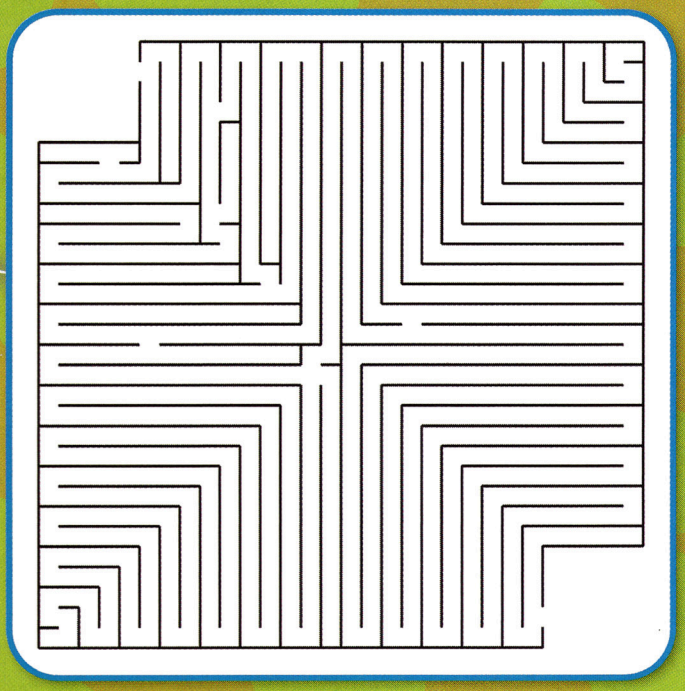
WUK: What advice do you have for kids who want to grow up to work with wild animals, especially predators?
LG: My advice would be to read and learn. The more we know and understand about wild animals the better equipped we are to give them the respect they deserve and require.

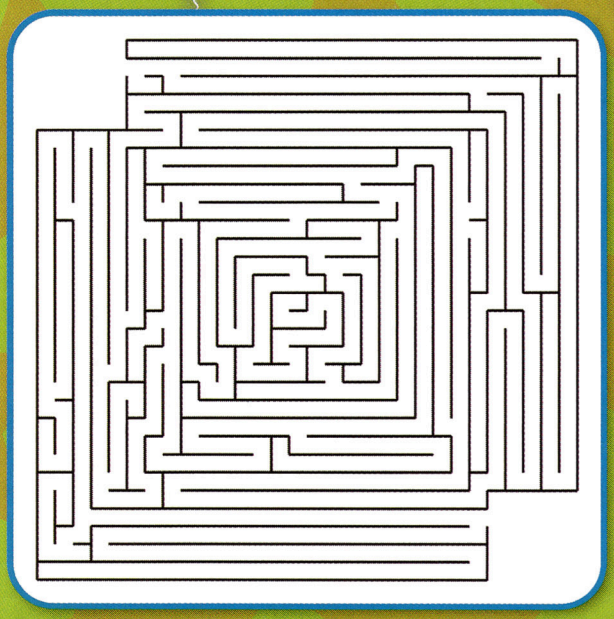
WUK: What kind of education/training or personality traits would someone need in order to work with predators/wild animals?
LG: In order to work with wild animals a university or college degree in an animal-related field would be required. There is also a Zoo & Aquarium Technology Programme that is available through CAZA, Canadian Association of Zoos and Aquariums, to certify zookeepers.

It takes a very dedicated and hard-working person to work with animals.

For more information about African Lion Safari, check out lionsafari.com or call, 1-800-461-WILD!

MERLIN'S MAGNIFICENT MAZES





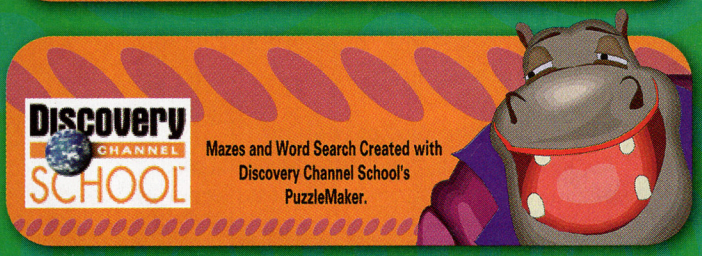
Find the correct path through the mazes.

HECTOR HIPPO'S WORD SEARCH

N S Z E D R P B T S U T F L X
Q E Z T E U A M W S L E Z O S
I D H P E C S O T G N L E C C
N V P C K L D T D E B E K L Q
Q U O Y T N E I I V O P M A P
S D A N I I M V L N T H V U F
K R X W L M K U I F G O S N Y
D C O M F O R T C S R N A D L
E M O C L E W C B C I E T R I
G X G W S G B O U T A O M Y M
U Q N L D A F U T W A V N P A
R E T U P M O C H S Q B E S F
F R I D G E Z H T Q M T L U U
Z D Y K C E Z E A Z S V Y E X
X D V F I E R H B L F D U V I

Find the hidden words within the grid of letters.

backyard	computer	fridge	supper	toaster
bathtub	couch	kitchen	table	vaccum
bed	dusting	laundry	telephone	welcome
comfort	family	pets	television	windows

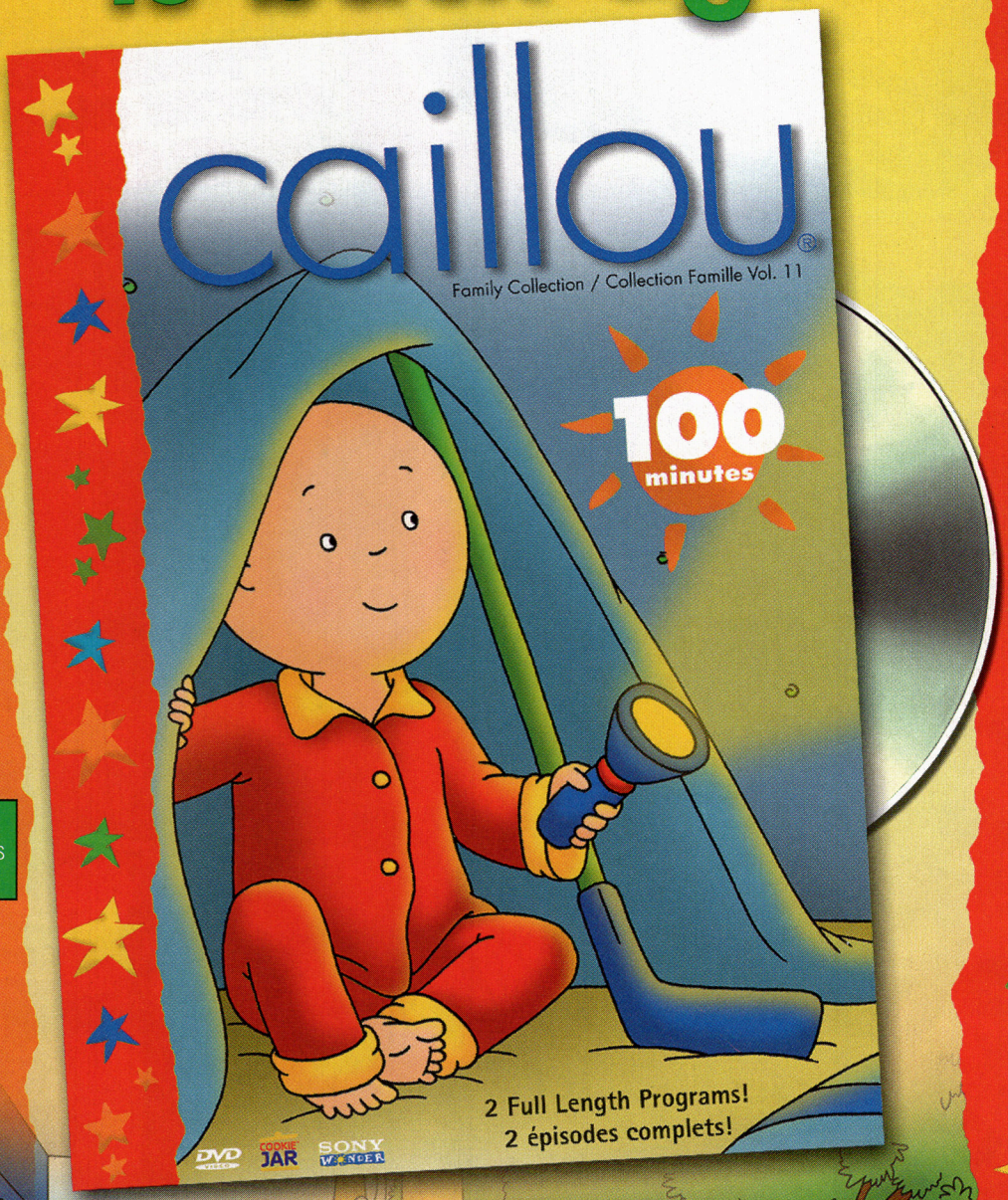


Mazes and Word Search Created with Discovery Channel School's PuzzleMaker.

caillou is back again!

Welcome to the world of Caillou where every day is an adventure filled with fun, laughter and surprises! Kids love the stories, songs and puppets! And what's more, Caillou and his friends help children make sense of the world - one amazing discovery after another.

DVD FEATURES:
- 100 minutes - Featuring 16 New Adventures
- English and French Language Tracks



AVAILABLE AT
WAL★MART®
WE SELL FOR LESS, EVERY DAY™

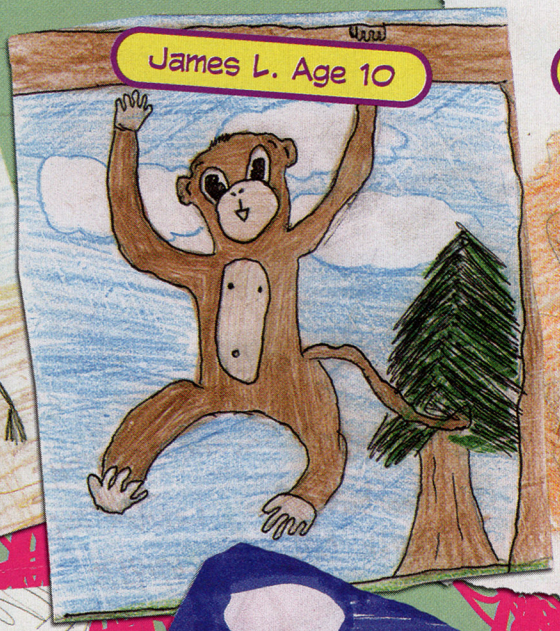
© 2000 Four Me Productions (2004) Inc., a subsidiary of Cookie Jar Entertainment Inc. All rights reserved. Produced with the assistance of The Canadian Film or Video Production Tax Credit, PBS and with the participation of Teletoon. Caillou © 2006 Cookie Jar Entertainment Inc. All rights reserved. Marketed and distributed by SW Video Canada Inc. "SONY WONDER" and SONY are trademarks of and used under license from the Sony Corporation. All Rights Under Copyright Reserved.

COOKIE JAR SONY WONDER

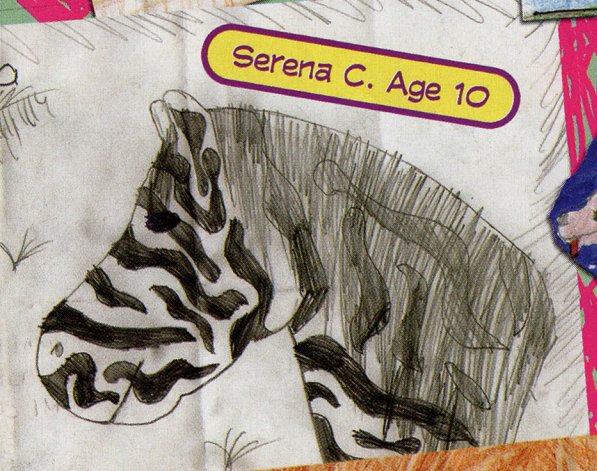
KIDS' SPACE

WINNERS OF THE "DRAW YOUR FAVOURITE AFRICAN SAVANNAH ANIMAL" CONTEST

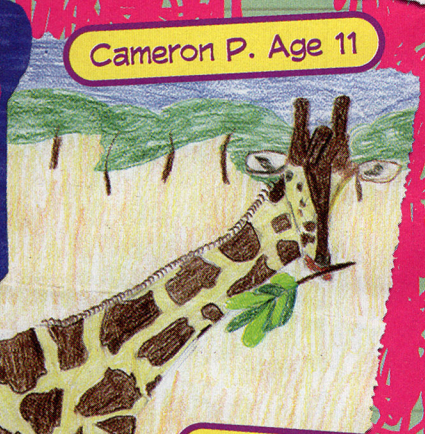
Balsha V. Age 7

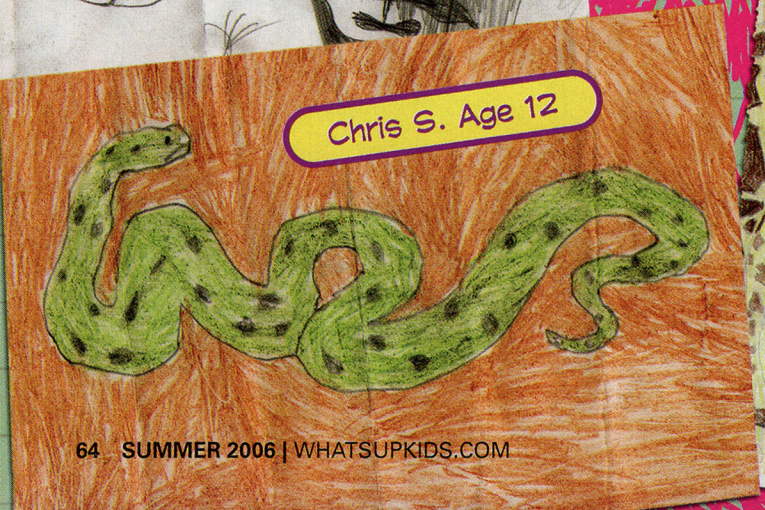

James L. Age 10

Deanna Q. Age 10

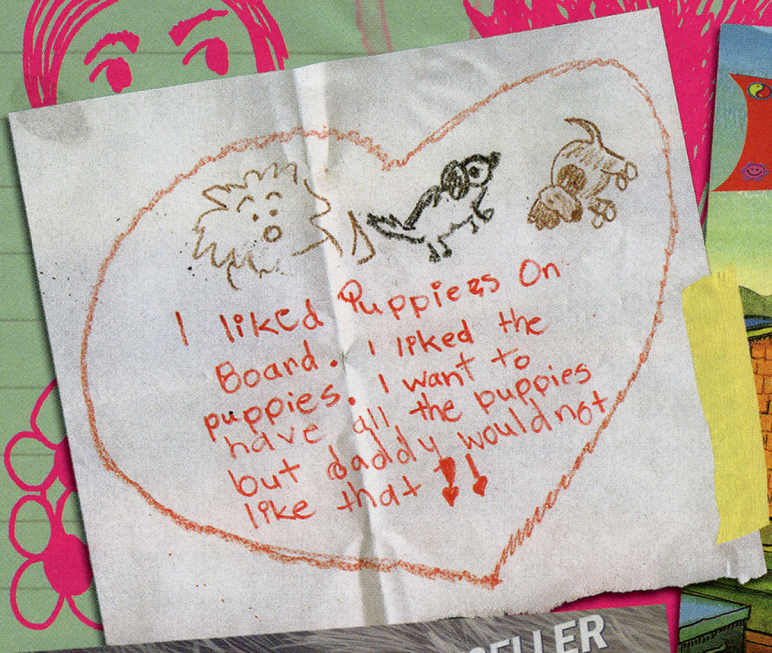

Serena C. Age 10

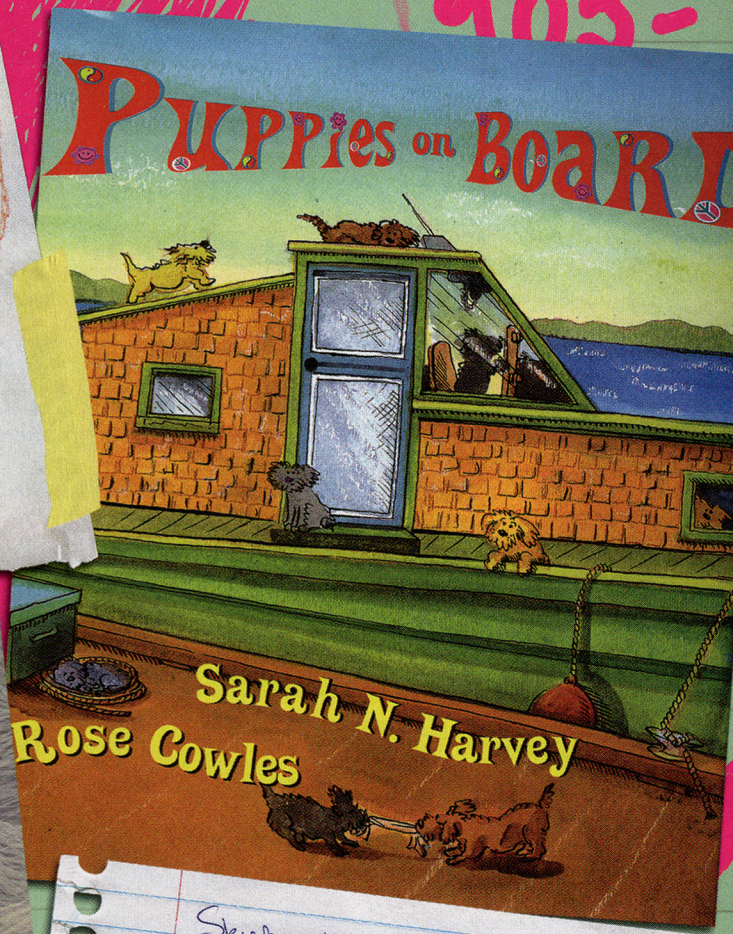
Brendan B. Age 10

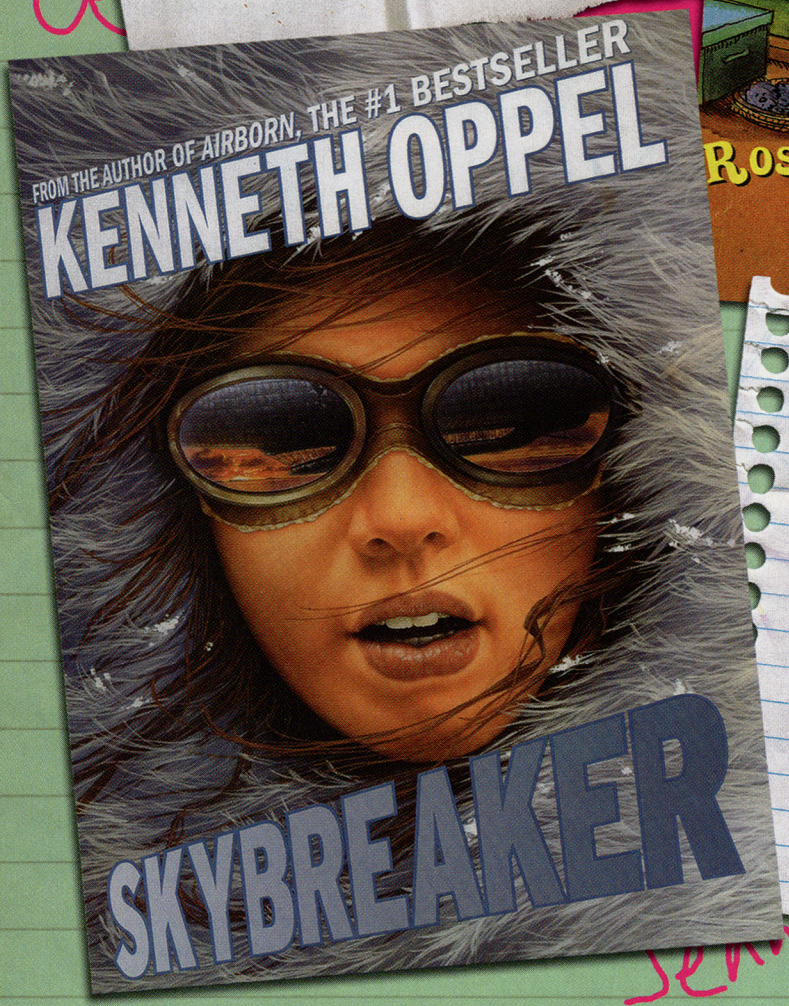

Cameron P. Age 11


Chris S. Age 12

Adela B. Age 13







Skybreaker
by Kenneth Oppel

This book was the second book about this guy who flies airships. Its set a long timeago but is futuristic - really cool. He finds this old airship that everybody thought had treasure on it. Kind of scary in some parts, but I couldn't stop reading.

If you like adventure or science fiction, you will totally love this book. I recommende it to everybody!!!

Becca R. 12

Jenny wuz here!

HEY KIDS! DRAW YOUR FAVOURITE WILD HORSE FOR NEXT ISSUE! SEND YOUR ENTRIES TO:

WILD HORSES, 496 Metler Road, Ridgeville, ON, LOS 1MO

You can also review movies and books. Send your reviews in and have a chance to see your name in print and win great prizes!

SAY WHAT?

Hey, don't get bent out of shape!

Everyday people use sayings, or idioms, to explain situations. Can you match the idioms on the left to the correct meaning on the right?

Getting your wires crossed	Studying really hard
Hot under the collar	Making a small problem into a big problem
Hit the books	Holding your emotions in check
In over your head	Being confused or mistaken about something
Nose to the grindstone	Very angry
Stiff upper lip	Not causing a problem where there isn't one yet
Let sleeping dogs lie	Tricking or teasing someone
Making a mountain out of a molehill	Not feeling very well
Pulling your leg	Getting into a situation/problem that's too hard for you
Under the weather	Working really hard

Send us this page and your own idioms for a chance to win a great prize!
Send your entries to:
Say What? 496 Metler Road, Ridgeville, ON, L0S 1M0

Name: _____

Address: _____

City: _____ Prov.: _____ Postal Code: _____

Are you a subscriber: Yes ❑ No ❑

Mail your entries to:
Say What? 496 Metler Road, Ridgeville, ON, LOS IM0
Contest Deadline is June 30, 2006.

Now it's YOUR turn. Think of some new idioms for these situations:

When your dog eats your homework

_____

When someone has eaten the last cookie

_____

When your teacher calls on you and you don't know the answer

_____

When you feel really happy

_____

su | do | ku

© Puzzles by Pappocom

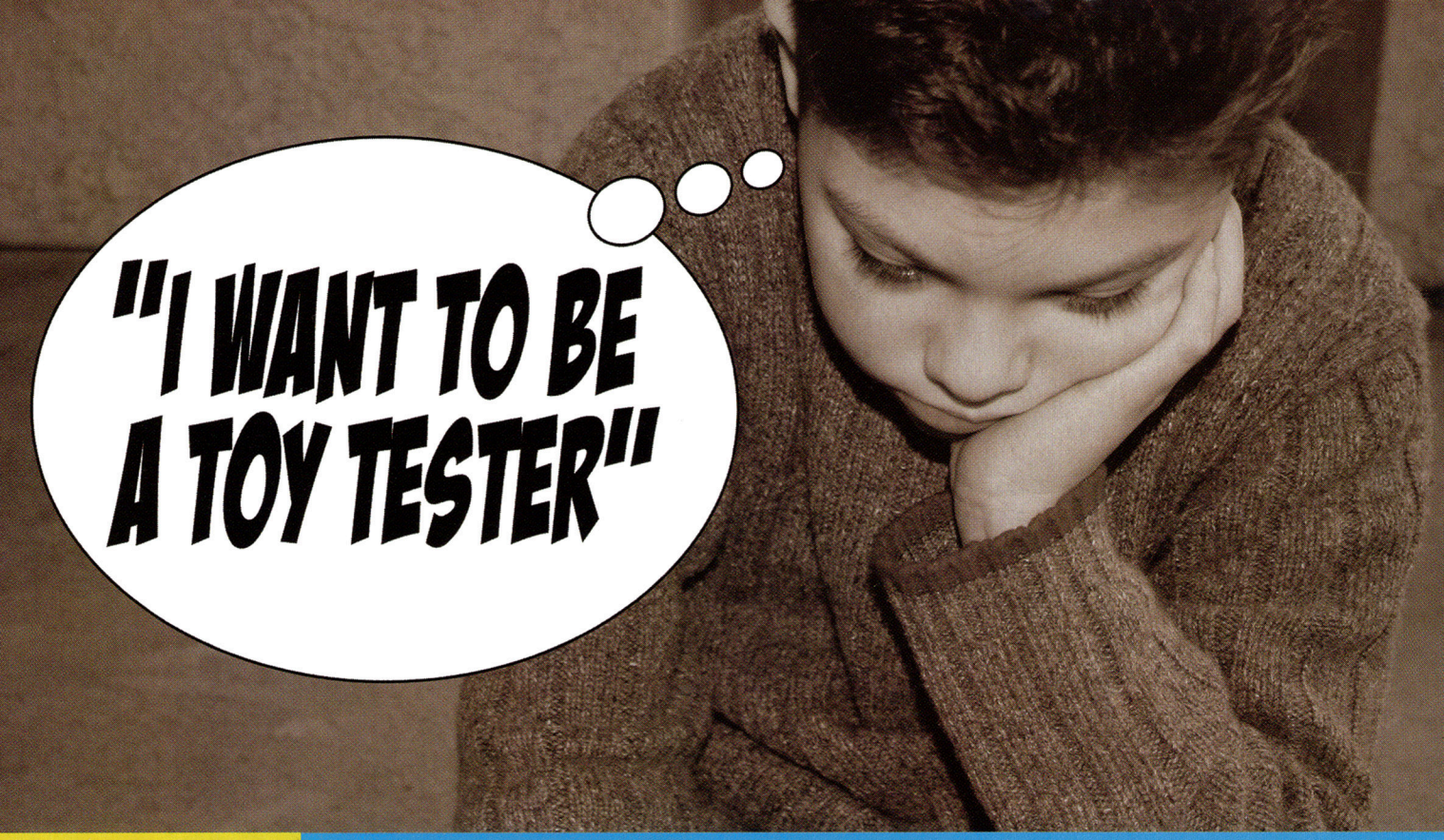
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9, with no repeats. That means that no number is repeated in any row, column or box.

Check out www.sudoku.com for more puzzles!

		5				1		
					1	9	8	
				5	8		2	4
5		8		9			7	
3			2		5			1
	1			4		3		9
6	5		9	1				
	8	4	6					
		9				2		

			3		7	9		
		7	5					2
				4		3	5	
	6	1						3
2		4	6		8	5		1
8						4	2	
	7	6		3				
5					4	1		
		9	2		1			

Want to to know the answers?
Go to the Kids' Fun Section at whatsupkids.com



what's UP kids
FAMILY MAGAZINE

Would you like to test toys and products for *What's UP Kids*?

Each year we publish our Annual Toy Guide, just in time for Holiday shopping. So, we need to hear from you. If you would like to register, please go online at whatsupkids.com to download our registration form. Don't delay! We're going to be testing toys very soon!

For more information, and to download a registration form, go to: whatsupkids.com

soccer TIPS

As spring is upon us, many boys and girls will take to the field to play the world's game... **soccer**. Here are some tips from our soccer heroes, the Toronto Lynx and Lady Lynx players, the highest level of men's and women's soccer in our country, these tips are sure to take you to greater heights this season!

For more information on the Lynx, visit www.lynxsoccer.com.

1. Follow the rules of the game.
2. Respect the officials, coaches, team players, and opposing team players.
3. Winning isn't everything. Have fun, improve your skills, make friends, and try your best.
4. Applaud all good plays for your team and the opposing team.
5. Control your emotions.
6. Give everyone equal time to play and shine.
7. Encourage one another.
8. Take good care of your body.
9. Stay focused and committed.
10. Be punctual and ready for training and game day.

Finding a place in the sun

Why moderate, careful sun exposure may be a very good thing

By Glen Herbert

©iStockphoto.com/Lise Gagne

Sun is bad, right? Well, in fact, you might be surprised. Although there can be health risks associated with sun exposure, there may also be some very real benefits to spending time in the sun.

The Risks

Of course, when it comes to the sun, it's always important to be cautious, and careful. Exertion in the heat of the day can lead to heat rashes and sunstroke. In the longer term, skin damage, and especially sunburns in childhood, could lead to skin problems, including some forms of melanoma, or skin cancer.

So, if you're headed outside, remember the hat and the lotion.

The Benefits

With those bases covered, then you really needn't avoid the sun. In fact, it may be better if you don't. Not only is it fun to spend time in the sun, it might even be good for our health.

Researchers in England and elsewhere have found evidence to suggest that people who expose themselves to the sun in moderation may be less likely to develop some forms of ovarian and colorectal cancer later in life.

The reason, they believe, is Vitamin D. Our bodies produce the vitamin in our skin using the UVB rays in sunlight. And, apart from eating foods that are supplemented with Vitamin D, spending time in the sun is the only way we can get it. As well, the quality of the vitamin we produce ourselves may even be more efficient than that we get elsewhere.

The Bottom Line

Of course, this doesn't mean that you and your kids should strip off immediately and lie in the sun, unprotected, for hours on end.

Instead, the underlying lesson is moderation. If you and your children are careful to avoid sunburn, then there is every reason to get outside for some fun in the sun!

What is careful exposure?

Protection: use a lotion of 15 SPF or higher, and reapply throughout the day and after a swim

Caution: try to avoid the most direct sun of the day, from 11 a.m. to 2 p.m.

Moderation: don't overdo it, find some shade at the first signs of a burn

©iStockphoto.com/Nancy Louie

Remember when Scouts...

Did good deeds.

Helped friends and neighbors.

Planted trees to take care of the world.

Respected others and themselves.

Told scary stories around the campfire.

Learned to be leaders.

Enjoyed being kids.

They still do!

Scouts Canada. Welcome Home.

Toll-free: 1-888-Scouts-Now **www.scouts.ca**

SCOUTS CANADA

Call Now!
1 866 4 DooDoo

FARCO ENTERTAINMENT

We Bring the Party to You!

- Carnival Game Rentals for all your Corporate and Private Needs.
- Magicians, Clowns, Jugglers, Stilt Walkers, Ventriloquists, Fire Eaters.
- Popcorn, Candy Floss & Sno Cone Machine Rentals.
- We do professional balloon decorating for all Corporate Events.

DOO DOO THE INTERNATIONAL CLOWN

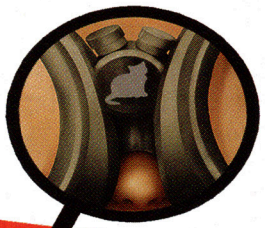
Voted #1 6 years in a row by City Parent Magazine & recently talked about on the Jay Leno Show

Catch Doo Doo on his Kids Extravaganza WORLD TOUR 2006

www.farcoentertainment.com

FARCO also voted #1 for best Children's Entertainment Company

OHHHHHH! THERE'S CHESTER!



HEY KIDS!
DON'T FORGET TO FIND "CHESTER" ON OUR COVER! IF YOU FIND HIM, EMAIL CHESTER@WHATSUPKIDS.COM

FUNSTATION FUNPARK

- Mini Golf
- Batting Cages
- Arcade
- Bar & Grill

416-736-4804

Go-karting for all ages.

FUNSTATION FUNPARK

5 York Gate Blvd.
North York, Ontario
(2 blocks east of Hwy 400
North of Finch on York Gate)

e-mail: mupton@funstationfunpark.com
www.funstationfunpark.com

REPTILE PARTY INC.

1 877 REPTI ZOO
905 689 7029

Great For:
*Birthday Parties
*Summer Camps
*In Class at School
*Events and MORE!

www.ReptileParty.com
info@reptileparty.com

The Sassy Bead Company

- 1000s of Beads
- Birthday Parties
- Kids Classes

2076 Yonge St.
416-488-7400
www.thesassybeadco.com

Are you looking for an EXCITING new place for your child's next birthday? Do you need a FUN, educational, hands on place to spend quality time with your child?

SMALL WONDERS DISCOVERY CENTRE

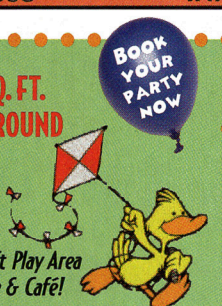
...is the place for you

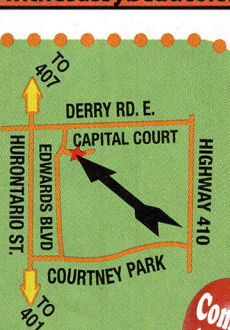
ASK ABOUT OUR THEME PARTIES

A 10,000 SQ. FT. INDOOR PLAYGROUND

- Raceway
- Dress-up Castle
- Live Pet Shop
- Kids Size Town
- Infant/Toddler Soft Play Area
- All this, a Toy Store & Café!
- Socks only facility

BOOK YOUR PARTY NOW





Come in to play

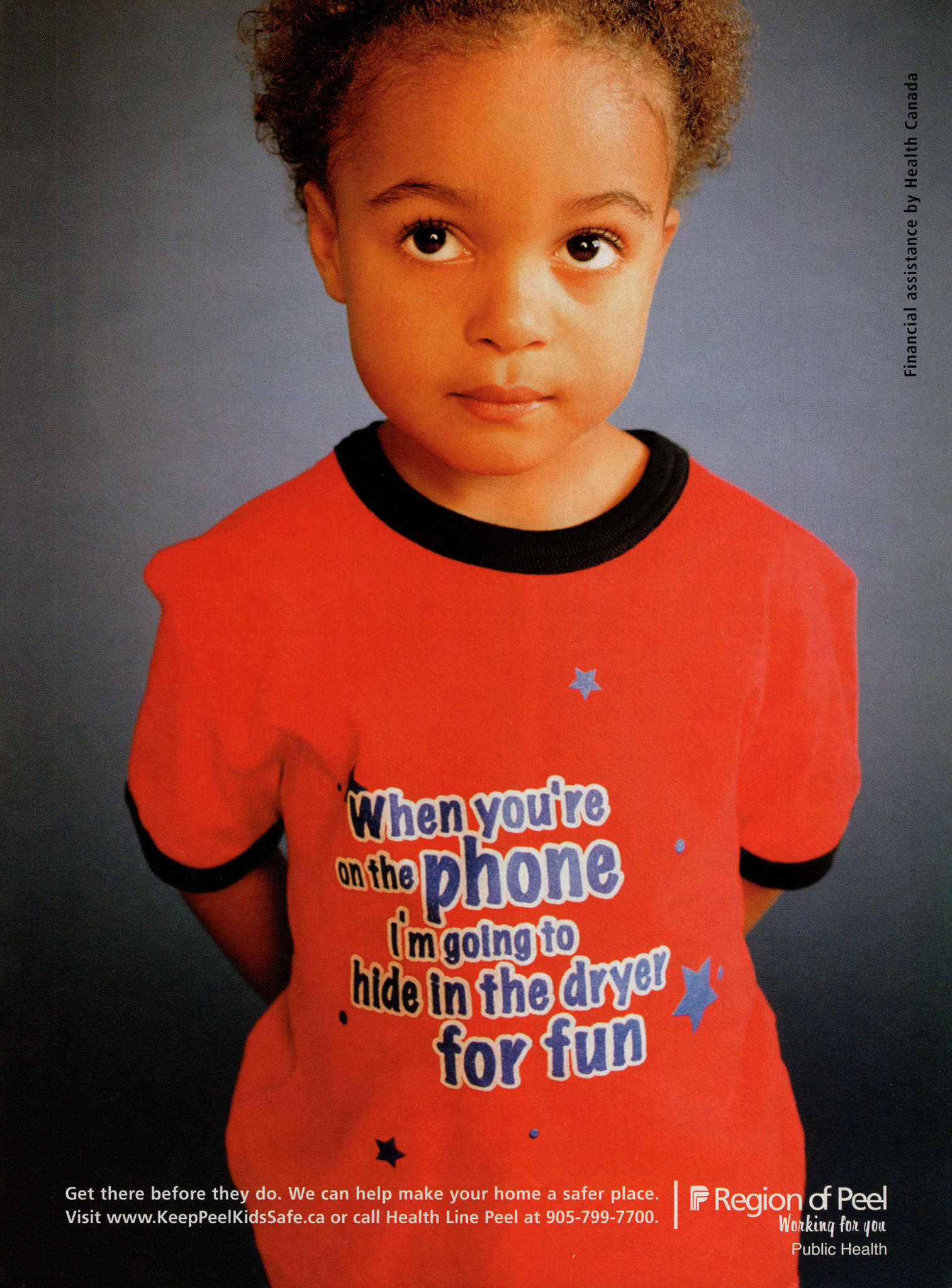
140 Capital Court, Mississauga, Ontario • 905-696-6817 • www.playatsmallwonders.ca

Reptilia Inc.

Reptilia's birthday parties feature hands-on experiences with live reptiles. Reptilia will provide the entertainment, food, and facility. You provide the children! Reptilia can also provide the entertainment for a party at your home.

Whether you're interested in a birthday party, educational program, or a reptile pet, Reptilia's staff have the knowledge and experience to serve you.

www.reptilia.org
1-888-reptilia (737-8454)
10% dicsount on any party or educational program if you mention this add.



Financial assistance by Health Canada

Get there before they do. We can help make your home a safer place.
Visit www.KeepPeelKidsSafe.ca or call Health Line Peel at 905-799-7700.

Region of Peel
Working for you
Public Health

When Home is a DANGEROUS PLACE

©iStockphoto.com/MBCheatham
©iStockphoto.com/Ronen

Knowing what to look for, and what to do, can reduce both the risks and the dangers of household poisoning

By Glen Herbert

If you live in a typical Canadian household, and you very likely do, you would be hard-pressed to find a room that doesn't contain a poisonous substance. Cleansers in the basement, dishwashing detergent in the kitchen, soaps and perfume in the bathroom, plants in your living room—in all, the Ontario Poison Information Centre estimates that there are 250 potentially poisonous substances in the average household. What those substances share is the capacity, if swallowed or inhaled, to cause very serious harm.

Prevention is the best medicine

For the most part we do quite well at keeping dangerous substances away from children. As a result, many cases of poisoning involve substances that we don't immediately think of as dangerous. Alcohol left on tables during a party, mouthwash in the bathroom, vitamins in the kitchen—these are the kinds of things that kids commonly get into. And while they may not be as dangerous as antifreeze or bleach, they can still do considerable harm.

What you need to do

When your child eats or drinks something that he shouldn't have, the first step is to call the nearest poison information centre. All provinces and territories have at least one, and they are staffed around the clock for precisely this purpose. Finding the phone number of the information centre, and keeping it next to your phone, is a very good idea. They will be able to give you very specific advice on all the potential dangers, and let you know exactly what your next steps should be.

You should also be on the lookout for symptoms. Dr. Michael Rieder, an emergency room paediatrician at the Children's Hospital of Western Ontario, notes that although nausea and vomiting are common, there can be other symptoms as well, such as sleepiness, agitation, or confusion. Be sure to make note of these things, as well as when you first noticed them.

No matter what symptoms are present, don't induce vomiting. It's tempting, for sure, but with some substances vomiting can cause far more harm than good.

What you need to know

Finally, get ready for a trip to the emergency room. When you go, Dr. Rieder notes that it is important to arrive armed with as much information as possible. This includes taking a sample as well as the packaging along with you. If a plant is the culprit, take a clipping.

Of course, you should also arrive with as much information about the event and about your child's general health. Dr. Rieder typically asks what the child likely ingested and when. However, he is also interested in other things that the child may have found. In particular, he asks about medications that are in the home and where they are kept. The clearer answers you can give to these kinds of questions, the better. Based on this information, the doctor will suggest a course of action, and there is a very wide range of treatments available, from simple monitoring to more invasive techniques.

Thankfully, of the many cases that arrive in emergency rooms each year, very few result in lasting health problems. The best way to protect your child is to keep anything potentially harmful out of their way. Equally important is to have a plan in place for when accidents happen.

NEXT ISSUE

BARNYARD
Find out what's *REALLY* going on in the barn!

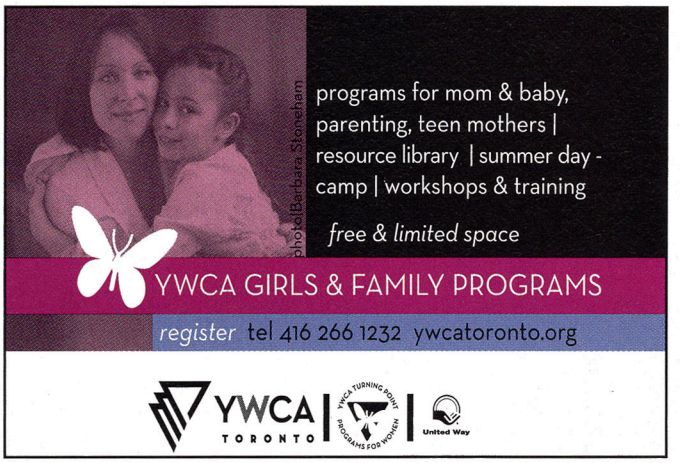
GIRLS' HOCKEY ROCKS
Olympic Gold Medal winners Hayley Wickenheiser and Cassie Campbell talk about girls getting game

EN FRANÇAIS
Tips & Tricks to help your kids learn French

WHAT WILL YOU PAY?
To get your kids that diploma

MOM TIME
Steven Sabados, helps you to look "So Chic" when you leave the house

what's UP kids
FAMILY MAGAZINE



WillowWood School Summer Programs

...Discover the Difference a Summer can Make...
(416) 444-7644
www.willowwoodschool.ca

Full Day Camp Programs
Improve Academic Skills
(Reading, Writing, Math , Study Skills)
Recreational P.M.
(Field Trips, Sports, Computers, Art)
Extended Hours, ESL, 2-5 week options

High School Credit Courses
Morning Language Workshop (Grades7,8,9)
1 week Literacy Test Preparation

SUMMER CAMP IN THE CITY

EXCITING AND UNIQUE CAMP PROGRAMS FOR AGES 4 TO 9

- BALLET
- HIP HOP
- MAGIC CLASSES
- MAKE A MOVIE
- CIRCUS WEEK
- LEGO ROBOTICS
- SPORTBALL
- ART
- DRAMA
- FUSION MARTIAL ARTS

The FUN & FITNESS Club AT CANDY CASTLE

CAMP RUNS JUNE 19TH TO AUGUST 25TH
Half and Full Day available
1 to 5 ratio

www.candycastle.com | 416-962-2639
1 DeLisle Ave (Yonge&St.Clair), Toronto, Ontario

Since 1994 !

GREAT BIG THEATRE COMPANY

Summer Theatre Arts Day Camps

GREAT big THEATRE CO.

One-week sessions / Ages 6 to 14
Performances every week !

34 Locations /
Camps in your neighbourhood !
1-866-864-4282
www.gbtc.com
e-mail: onstage@gbtc.com

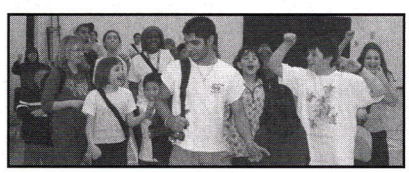
RYERSON UNIVERSITY
STUDENT SERVICES

Ryerson University Day Camps

SPORTS DAY CAMP
- 7 - 13 year olds.
- One-week sessions, July - August.
- Variety of sports, arts & crafts, co-operative games.
- Swimming daily.

LEADERSHIP PROGRAM
- 14 - 18 year olds.
- Two-week session
- Program to develop team work and leadership skills.

BASKETBALL CAMP
- 7 - 18 year olds.
- One-week sessions, July - August.
- Have fun while developing basketball skills.



Ryerson University Day Camps 350 Victoria Street, Toronto, Ontario M5B 2K3
For more information: Tel: 416.979.5000 ext. 7360 Fax: 416.979.5364
E-mail: rac@ryerson.ca www.ryerson.ca/sportsandrec

YOUR AD COULD BE HERE!

Call 1-888-690-8751

WAYS OF THE WOODS

A great summer day camp
for children ages 6 to 14

archery canoeing **caving** day crafts **hiking**
initiative games **leatherwork** orienteering
outdoor pursuits owl prowls
swimming **water exploration**

CONSERVATION HALTON

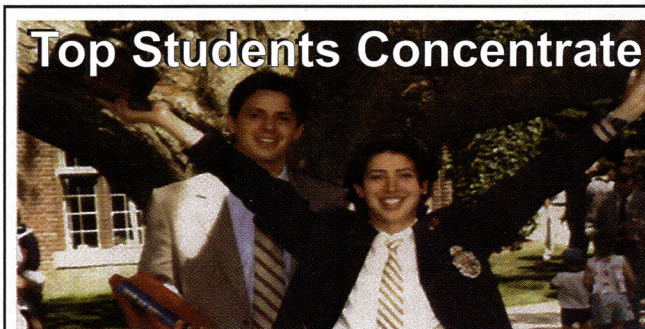
Busing provided throughout Halton Region

ACCREDITED MEMBER ONTARIO CAMPING ASSOCIATION

Call us for an information brochure
905.854.2276
or visit our web site
www.conservationhalton.on.ca

Based at Mountsberg Wildlife Centre with regular outings to other Conservation Halton Parks.

Top Students Concentrate



Neurofeedback improves concentration & learning

See *The A.D.D. Book* by Sears & Thompson

905-803-8066
www.addcentre.com

ADD Centre®

MISSION
QUALITY MILK
Kellogg's
kidz
COUNT
Les
zenfants
COMPTENT
de Kellogg
LAIT DE QUALITÉ
TONY
For details on how you can participate in the challenge.
Go to / Accédez au site
www.kidzcount.ca
pour tous les détails sur la façon de relever le défi.
Attach to your bike and see how far you ride!
Fixe-le à ta bicyclette et vois combien de kilométrage tu peux faire !
Free Gratuit
Bicycle
Cyclometre
de bicyclette
COLLECT ALL 4 À COLLECTIONNER
MINI-WHEATS
FROSTED FLAKES
FROOT LOOPS
RICE KRISPIES
INSIDE THESE SPECIALLY MARKED KELLOGG'S* CEREALS!
DANS LES BOÎTES SPÉCIALEMENT IDENTIFIÉES DE CÉRÉALES KELLOGG !
◆1 of 4 Cyclometres will be randomly inserted in specially marked packages of Kellogg's* products. Limited time only. While supplies last. $10.00 approx. retail value
◆1 des 4 cyclomètres sera inséré au hasard dans les boîtes spécialement identifiées de produits Kellogg. Durée limitée seulement. Jusqu'à épuisement des stocks. Valeur au détail approximative de 10 $.
*Trademark of/ marque de commerce de Kellogg Company used under license by/ utilisée sous licence par Kellogg Canada Inc. *Registered Trademarks of/ marques déposées de DAIRY FARMERS OF CANADA used under license/ / utilisées sous permis

Pedal

Your Way to a Healthy and Active Lifestyle

Now that spring is here, the timing could not be better to dust off your bicycle and get outside. To help make cycling fun for the whole family, Kellogg Canada and Dairy Farmers of Canada have come together to challenge Canadian families to join the *Kidz Count* Program and pedal their way to a healthy and active lifestyle.

Beginning in mid-May, kids will be able to count their cycling mileage using free *Kidz Count* Cyclometres available in over 1.8 million specially marked boxes of *Kellogg's* cereals, while quantities last. Through *Kidz Count*, children and their families will learn new activities to help build physical activity into their daily routine, encouraging them to make a lifelong commitment to active, healthy living.

"Our mission is to encourage families to build physical activity into their daily routine and to make a commitment to active, healthy living," said Johanne Trudeau, Director of Nutrition at Kellogg Canada. "Cycling is a great way for families to get active together. By combining healthy eating and active living, families are on the trail to a healthier lifestyle."

Kellogg Canada and Dairy Farmers of Canada are challenging kids across the country to track their mileage and join the *Kidz Count* mission to incorporate a minimum of 30 additional minutes of physical activity into their day. An interactive and educational Web site, www.kidzcount.ca, will allow kids and their families to record their cycling mileage and tour five virtual Canadian bike trails including The Canol Heritage Trail (Yukon) and the Gatineau Park Trail (Ontario). Kids can register alone or as a family to reach their fitness goals and compete against each other for added motivation. For every 30 kilometres cycled, Web site registrants earn a contest ballot for a chance to win a family cycling trip to the trail destination of their choice.

"To encourage kids and their families to cycle, we developed a fun, interactive program on the *Kidz Count* Web site. While it's important for kids to maintain an active and healthy lifestyle, they should have fun doing it too." said Ian MacDonald, National Director of Marketing and Nutrition for Dairy Farmers of Canada. "DFC primarily focuses on the wholesome goodness and outstanding quality of products made from Canadian milk, but we must remember that healthy eating and an active lifestyle are both equally important to the health of all Canadians."

The *Kidz Count* Cyclometres will be inserted inside specially marked *Kellogg's* cereals. There are four *Kidz Count* Cyclometres to collect—one with Tony the Tiger, one with Snap, Crackle and Pop, one with Toucan Sam, and one with Moo Moo, the Dairy Farmers of Canada mascot. Kids can simply strap-on the cyclometre to the back wheel of their bicycle and it will track how far they ride in kilometres.

THIS SUMMER

ENJOY

A NATURAL LAWN.

SEED & AERATE • WATER WISELY • PULL WEEDS • FERTILIZE NATURALLY

Go Natural. Reduce Pesticides.

toronto.ca/pesticides 416 · 338 · 7600

TORONTO

CARRIERS REQUIRED

TO DELIVER

SEARS

CATALOGUES

ONCE OR TWICE A MONTH, NEAR HOME

FIND OUT MORE INFORMATION ON JOINING OUR TEAM GO TO

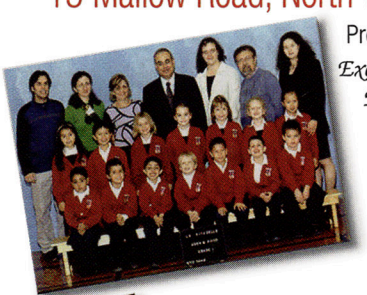
www.paperman.on.ca

1-800-265-6077

paperman@paperman.on.ca

La Citadelle International Academy of Arts & Science

15 Mallow Road, North York, Tel: 416.385.9685, info@lacitadelleacademy.com



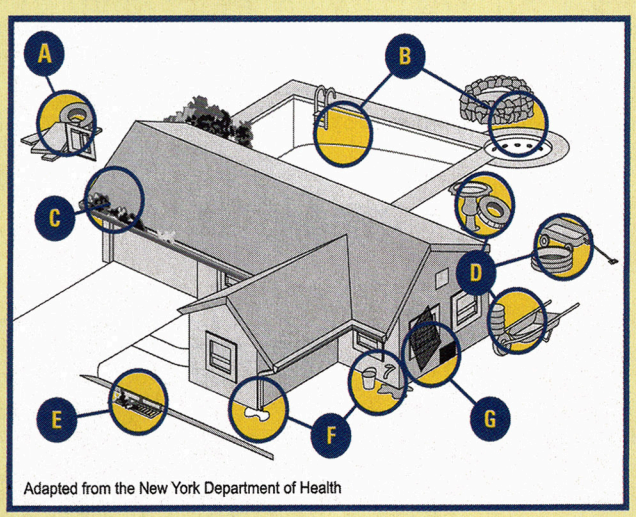
Pre-Kindergarten (2 ½ years) to Grade 12

Exceptional caring educational environment
Knowledgeable and dedicated teachers
Subject specialists as of Grade 1
Low pupil/teacher ratio
Formal exams as of Grade 1
Reach ahead program in Grades 6 & 7
Advanced enriched curriculum
IB Implementation
Intro French (Francisation)
Reach-ahead university bound secondary school academic stream
Monthly carnet de notes and formal provincial report cards
Varied and balanced program (Languages, arts and sciences)
Compulsory third language (Mandarin or Spanish)
Extra curricular activities including Judo, Ballet and Clubs
Excellent parent-teachers communications
Open House every month

REDUCE THE RISK OF WEST NILE VIRUS

You can help reduce the risk of West Nile Virus by eliminating standing water around your home. Mosquito larvae can develop in water that has been standing for more than four days. Follow these tips around your home:

- **A** **Keep your yard clean** of objects that can collect water.
- **B** **Inspect swimming pools**, wading pools and ponds for mosquito breeding sites.
- **C** **Clean out eaves**, gutters and drains so water can't accumulate.
- **D** **Empty water in garden objects** such as toys, birdbaths, tires and flowerpots.
- **E** **Maintain yards and lawns** by filling in low depressions. Keep gutters and storm drains free of debris to prevent small ponds from forming
- **F** **Fix leaky faucets** and hoses and eliminate pooling water around downspouts and air conditioners.
- **G** **Repair window screens** and screen doors and if you don't have screens, try to keep windows closed between dusk and dawn.



Adapted from the New York Department of Health

Take personal precautions outdoors, especially in early morning and early evening, when mosquitoes are most active. Wear light-coloured clothing and cover up whenever possible and use insect repellent containing 10% DEET or less.

For more information call 416-338-7600 or visit our Web site at www.toronto.ca/health.

TORONTO Public Health

GENERATIONAL "GAPS"

People who grumble about getting old are big whiners in my book, but I must admit, I'm feeling like a bit of a geezer myself today. How could I feel otherwise after waking up, sloshing my tongue over my gums, struggling to remember where on earth I put my teeth. I've got a partial dental plate that's served me pretty well for the past 10 years or so, but I hit a rough patch while trying to chomp through a king-sized chocolate bar the other day, and my faux-pearly whites cracked in two.

So I'm between teeth at the moment. I'm told it'll take at least a month and five different appointments with a denturist until my new smile is ready to roll out of the shop.

In the meantime, I'm able to make due with my old dentures when out in public. I bought some goop that will keep them bonded together, so long as I avoid eating, sneezing, and reciting advanced-level tongue twisters.

The good news is that I've formed a special bond with someone who's also dentally challenged. Right now my 5-year-old daughter Ella has a chasm between her top teeth that's perfectly identical to mine. We're "hole mates."

Ella's pointed out some of the perks that come with missing your front teeth that I never would have figured out on my own. For starters, you can fit more stuff in your mouth. You also cut down your flossing time considerably. And if you happen to be missing the same teeth we are, you can bite down while sticking your tongue out at someone at the same time.

Of course, a kid who's missing teeth can get away with way more than an adult ever could.

When she giggles and shows off her big honking gap, Ella looks cuter than ever, and admiring onlookers shower her with pats on the head and cheek pinches galore.

My hockey player smile is not quite so charming. I was shaving the other day—sans teeth—when I remembered a dumb joke, and watched the mirror in horror as my bare gums flapped with a hearty guffaw. I was getting ready for work, but looked like I was set to tie my hobo sack to a stick before hopping on the next cattle car out of town.

Apart from the imminent arrival of new, natural teeth, kids can also look forward to a healthy payday, courtesy of the Tooth Fairy.

All Ella has to do is plunk her tooth in a glass of water beside her bed, and the money rolls in overnight.

But the Tooth Fairy's business practices become a bit dodgier when toothless adults are involved. When my teeth came out, I got a quarter. Buying them back is gonna cost me $1,200. That kind of outrageous markup warrants a call to the Better Business Bureau.

Sporting a gummy, pink crater is not always a barrel of laughs for children either, I suppose.

Like any kid, Ella wants to fit in with her friends, which in her case means having roughly the same number of teeth they do. She thought by losing one more she'd no longer meet her quota, and her chums wouldn't like her anymore. Through sheer will she made her last loose tooth cling to her gums a full month after it was due to drop.

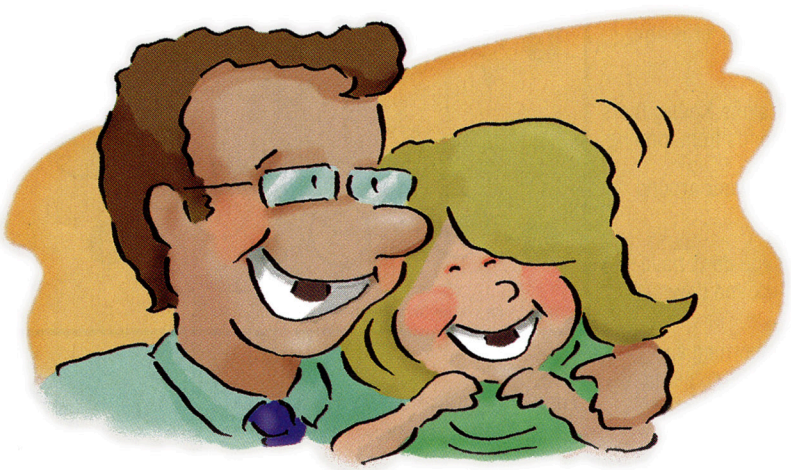
It fell out just as she began rehearsing a poem called "Sock Fluff" she'll soon be reciting in a local arts festival. Poor kid. Obviously, a poem with three Fs in the title wasn't written with the toothless in mind.

Ella's doing just great, though. She thought she'd be losing friends as fast as her teeth, but it hasn't happened. The poem's coming along fine, too.

I'm sure we'll both have our new teeth before long, and until we do, we'll keep filling in the gaps with plenty of laughs.

Which brings me to the best part of being an adult who's short an incisor or two—dreaming up unbelievable stories about how you lost your teeth in the first place.

Or so I'm told. I wouldn't know, because I've never found the need to fib about it. Getting your teeth knocked out while stopping a gang of ninjas from robbing a bank is nothing to be ashamed of.



Illustrations: Scot Ritchie

Crayola

COLOR EXPLOSION™ MC

HAVE A BLAST with new colour reveal markers...

They're just waiting to unleash their **magical powers!**

Create wild, **multi-coloured** designs on special black paper with a single marker!

Comes with **20-page black tablet** and **3 colour reveal markers**.

Available in **Rainbow** and **Neon**.

TM and MC © 2006 Binney & Smith Canada, Lindsay, Ontario, K9V 4R8

HANDYCAM

SONY

"For me, there is no easier way to capture all of life's special moments than with the Sony DVD Handycam. It records directly onto a DVD. Then I just pull it out and watch it on my TV or computer. No cables, no wires – no hassles. Now that's worth a gold medal."

— Catriona LeMay Doan, 2-time Olympic Gold Medalist Speed Skater, Order of Canada Member and Mom.

Sony's DVD Handycam camcorder is Canada's best-selling DVD camcorder. The full line of 2006 camcorders are available at authorized Sony retailers across Canada.

DCR-DVD505

Sony Points to Sony Products. Faster!
For Sony digital imaging solutions and Sony Card info, visit **www.sonystyle.ca**

For more information, visit www.sonystyle.ca/dvdcam.

©™ Sony, like no other and Handycam are trademarks of Sony Corp. LCD screen is simulated.

like.no.other™